

Storytimes To Go!

Toddler Bedtime

Family Activities

Bedtime Stories

Reading stories at bedtime is a pleasant end of day routine, an effective way of settling down and getting prepared to go to sleep. For parents whose days are busy and hectic, it's an opportunity for the best kind of quality time with their children. Your children will learn to anticipate their bedtime stories with all the good feelings and closeness the experience provides. Choose stories you enjoy and your children are sure to like them, too. No age is too young to begin a tradition of bedtime stories. Try it—your whole family will enjoy it

Goodnight, Everyone (Tune: *Goodnight, Ladies*)

Goodnight, Mommy.
Goodnight, Mommy.
Goodnight, Mommy,
It's time to go to sleep.

Goodnight, Daddy.
Goodnight, Daddy.
Goodnight, Daddy,
It's time to go to sleep.

Susan Pflug

Rituals help get reluctant children to bed. Sing this song with your child to help her recognize it is bedtime. Sing about all the members of your family and the dog and cat, too, if it helps.

Goodnight Room

Do you have a toddler who has a hard time settling down for the night? Read *Goodnight Moon* by Margaret Wise Brown after the child is tucked in. Make a ritual of saying "Goodnight" to things in the room. "Goodnight, bunny. Goodnight, dinosaur. Goodnight, book. Goodnight, curtains. Goodnight, kitty." Let your child decide. End with, "Goodnight, Mommy and Daddy. Goodnight, me."

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Read Aloud Time

Try these stories from the public library at bedtime:

Ira Sleeps Over

Bernard Waber

10 Minutes Till Bedtime

Peggy Rathman

Goodnight Moon

Margaret Wise Brown

Little Rabbit Goes to Sleep

Tony Johnston

Little Pink Pig

Pat Hutchins

Ten Sleepy Sheep

Holly Keller

The Blanket

John Burningham

Sleep Song

Karen Ray

Biscuit

Alyssa Capucilli

Sweet Dreams

Sue Porter

A Bedtime Story

Mem Fox

My Own Big Bed

Anna Grossnickle Hines

It's Funny Where Ben's Train

Takes Him

Robert Burleigh

Sleep, Little One, Sleep

Marian Dane Bauer

The Stars Are Waiting

Marjorie Dennis Murray

Guess How Much I Love You

Sam McBratney

Little Rabbit Goes to Sleep

Tony Johnston

Petey's Bedtime Story

Beverly Cleary