



## *Books At Bedtime*



**Goal:** Students will participate in discussion about healthy bedtime Routines. They will listen to a story about bedtime and learn why reading together is a great bedtime habit.

**BookSpring will provide:**

- Read Aloud Books and Family Corner handouts
- Robe
- Blanket
- Teddy Bear or other Plush animal (2)
- Flashlight
- Lullaby CD's
- Toothbrush

### **What to do BEFORE reading the story**

- Arrive at the center wearing your own pajamas and slippers or wear the robe provided in the RIF bin. Prepare your reading area by snuggling in with the blanket, teddy bear and flashlight.
- The children should sit near the reader the carpet (use teacher and volunteer help). The reader sits on a low chair to be at the children's level so that all children may hear the story and see the illustrations.
- Ask the children if they can guess why you are dressed for bed. Welcome them to the RIF Pajama Party!
- Ask the children about their bedtime routines. Say, "Tell me what you do before bedtime?" (Examples: have a bath; brush my teeth; listen to a story).
- After the children have shared their bedtime routines, introduce the story by reading the title of the book, naming the author and illustrator, and sharing the cover of the book.

### **What to do DURING the story**

- Please be sure you are very familiar with the story so that you can use your voice to accentuate the built in rhyme.
- While reading, encourage the children to participate in the story with you. They will surely join you in saying, "No me asusto a mi!" if you are reading in Spanish. If you are reading Kiss Good Night, encourage the children to make the "weather" sounds with you.

### **What to do AFTER reading the story**

- After the reading, you can review the illustrations in order to have the children identify/review the colors.
- Take this time before the distribution to sing a bedtime song or lullaby.
- Talk to the children about what RIF means and why they are getting a free book.
- Explain the book selection process. Tell the children they will walk to the tables and each child will choose one book he/she would like to take home and keep forever. The children will take their books to their teacher, who will write their names in their books.
- After the children have selected their books, volunteers and center teachers should sit down with the children to begin reading the books the children selected for a short period of time.

## Suggested Read-Aloud Books

We will try to include multiple copies of the suggested read-aloud books in your book collection.

**Infants: *Time for Bed* (English and Spanish)**  
**Toddlers: *Clifford's Bedtime* (English and Spanish)**

**Discussion Points: Time for Bed** Talk with the infants about bedtime. Identify the different animals in the book. Turn down the lights and read in a quiet voice.

**Clifford's Bedtime** Ask the toddlers what they need before they can go to sleep. Ask them what Clifford might need. Have them confirm what they said while you are reading.

Familiarize yourself with the stories ahead of time. If you are comfortable using a sing-song voice to read the stories, do so, and ask the children to join in with actions or by reading along.

**Preschoolers: *Kiss Goodnight* (English)**  
***No me asusto a mi* (Spanish)**

**Discussion Points: Kiss Good Night** Ask the preschool children about their bedtime routines and what they need before going to sleep. Ask them to listen closely while you are reading to see if Sam needs any of those same things? (books, blanket, friends, milk) Talk about why a Kiss Good Night is important.

**No me asusto a mi** This story is repetitive and lends itself to imagination. Talk about going to bed and hearing noises or seeing shadows that play tricks on your eyes. All the creatures in the book don't scare the little boy because he knows they are not real. Take the opportunity to talk about nighttime and how to get comfortable, even when you are a little scared.



### For younger children...

It is necessary to be more interactive with your words. Using a "motherese" voice, talk about the children and how they are feeling/doing. Motherese is adult-to-child talk that helps babies learn language and includes the use of short, simple phrases and changes in the pitch of your voice. Other important visual changes are your facial expressions and your body language.

### **Recommended Bedtime Titles:**

*Goodnight Moon* by Margaret Wise-Brown  
*The Napping House* by Audrey Wood  
*Goodnight, Gorilla* by Peggy Rathmann  
*Time for Bed* by Mem Fox  
*Where the Wild Things Are* by Maurice Sendak

### **Developmental Standards for Reading, Writing, Speaking, and Listening:**

The student will: demonstrate knowledge of print and its uses by showing interest in books.



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