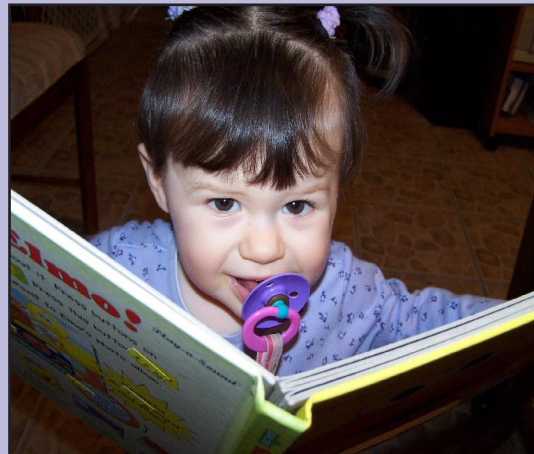




Bedtime is a great time for learning and enjoying...*

- *Relaxing with family*
- *Developing/having a routine*
- *Listening to a story*
- *Brushing teeth*
- *Undressing and dressing*
- *Listening to music*
- *Snuggling with blankets & soft toys*
- *Talking about the events of the day*
- *Playing peek-a-boo*
- *Planning for tomorrow*



How could you support your child's learning at bedtime?

I could...

- ▶ Notice what my child enjoys most about the bedtime routine.
- ▶ Establish a regular routine based on my child's interests.
- ▶ Spend time on what my child is interested in during bedtime routines.
- ▶ Expand the bedtime routine to allow my child more time to be engaged in his/her interests.
- ▶ Encourage my child by making positive comments about what she/he can do.
- ▶ Encourage my child to make choices about which pajamas to wear, how many kisses to give, etc.
- ▶ Find ways to include my child in the bedtime routines.
- ▶ Make the bedtime items (toothbrush, cup, pajamas) available to my child so he/she can be independent.
- ▶ Allow my child to be in charge of part of the bedtime routine.
- ▶ Join in what my child is doing.
- ▶ Provide help when my child is frustrated.
- ▶ Arrange the environment so that my child can interact safely and independently.

▶ _____

▶ _____

▶ _____

* Bedtime activities promote development in all areas: cognitive, communication, motor, self-help and social.