



Bedtime Activities for Parents and Children

Once pajamas are on and teeth are brushed, settle down with a bedtime classic, *Goodnight Moon*. Have your child point out the following items:

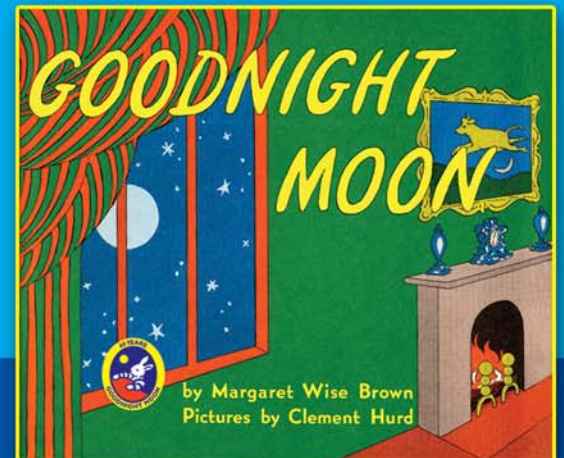
- | | | | |
|-------------|-----------|-----------|-------|
| telephone | kittens | mouse | brush |
| red balloon | bookshelf | fireplace | mush |
| bears | house | comb | stars |
| clocks | socks | mittens | moon |



Once you have read the story, say goodnight to the things in your child's room.

Example: goodnight bed, goodnight toys, goodnight clothes, goodnight window, goodnight shoes.

Repeat each night! Enjoy and sleep tight!



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