

Peekaboo Morning

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Book Guide

For Children Birth to Age 3

Questions

- What do you see when you wake up in the morning?
- You see all the people that love you! Who loves you? (List all the people in your house that love the baby.)
- What do you do when you wake up?

Activities

Wake Up!

Pretend to be asleep and have your child wake you up. When you “wake up,” say, “I see _____ (your child).” Fall asleep again. When your child wakes you up again, say, “I see _____ (something in the room).” Do this a few times and then pretend to put your child to sleep. Wake him up. What does he see? Put him to sleep again. Now what does he see? Take turns doing this and get more specific over time, such as, “I see a pink dress,” or “I see a sticky cookie.” Always end it with, “I see someone I love!” and a snuggle.

Have a Wake Up Book Time

Some children wake up slowly. Just as we can read children to sleep at night, we can read to them in the morning. Snuggle in and share a good morning read aloud together. Peekaboo books can make great wake up books!

More Books to Explore!

- *Hello Baby!* by Mem Fox
- *Whose Knees are These?* by Jabari Asim
- *Good Morning, Bluebird* by Parragon Books
- *Wake Up, Baby Bear!* by Lynn Plourde

