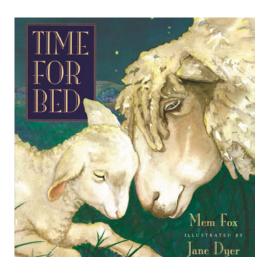
Book Guide For Children Birth to Age 3

Questions

- Did you know that every animal has to sleep?
- Where do you think animals sleep?
- How do you think they get settled in to bed?



Activities

<u>Lullaby</u>

After reading the book, point a small flashlight on your ceiling and sing your favorite lullaby to your baby. "Twinkle, Twinkle, Little Star" can be a good one!

Make Constellations with Toddlers or Preschoolers

- Have children make dots/circles with white chalk (or white paint using an ear swab) on black or blue construction paper.
- Connect the dots to make constellations.
- Depending on the age, you may make animal or object constellations. Let your child lead!
- For older children, check out books on constellations to share.

More Books to Explore!

- Time to Sleep by Denise Fleming
- Animals in Winter by Henrietta Bancroft
- Going to Sleep on the Farm by Wendy Cheyette Lewison
- Good Night, Gorilla by Peggy Rathmann

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