

Time for Bed

Author: Mem Fox

Illustrator: Jane Dyer

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

Lullaby

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

