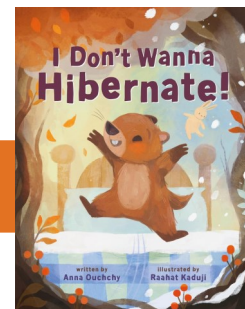
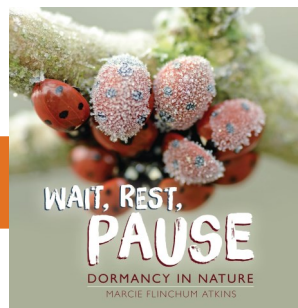
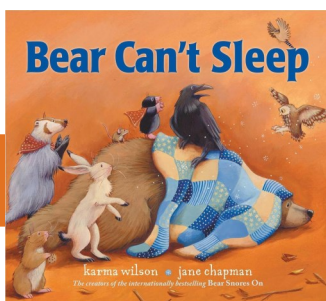


TAKE-HOME FUN!

Early Literacy Tips, Activities & More



tales' tip

Singing a lullaby while putting your baby to sleep will help her settle down. Singing lullabies to your older children will bring them back to that safe, calm, soft place and will also help to settle them down. So continue singing lullabies, even when your children are no longer babies. (Every Child Ready to Read Tip Card)

activity

Go for a walk and look for signs of fall in nature.

Can you find any leaves that have changed color?

Can you find any acorns or nuts on the ground, or see a squirrel or chipmunk looking for food?

Can you see any geese flying in a v-formation?

READ

[Baby Bear Counts One](#)
by Ashley Wolff

[Bear is Not Tired](#)
by Ciara Gavin

[I Don't Want to Go To Sleep](#)
by Dev Petty

[Time to Sleep](#)
by Denise Fleming

[Winter Lullaby](#)
by Dianne White

PLAY

If your child has a stuffie, wrap it up in a blanket and sing it a lullaby! Encourage older children to sing to younger siblings when it is time for a nap; it will help both of them feel calmer and ready to rest.

TALK

We all have trouble falling asleep sometimes. Talk with your child about things we can do to help us feel sleepy and the things they enjoy at bedtime. Routines like bath, book, and then bed can be helpful in teaching the mind that it is time to rest.

SING

The Hibernation Song

Tune: Alouette

Hibernation, time for hibernation,
Hibernation, time to go to sleep.
In the winter, where's the bear?
Sleeping in his **log or lair**.
Where's the bear? Log or lair?
Where's the bear? Ohhhhhhhh.

...In the winter, where's the frog?
Sleeping in the **pond or log...**

...In the winter, where's the snake?
Under rocks beside the lake...

digital fun

Learn all about all kinds of bears in this short video by National Geographic Kids!

https://www.youtube.com/watch/P3WolUrM_A

WRITE

Draw some acorns scattered over a piece of paper. Can your child be a squirrel and collect all the nuts by drawing a line from nut to nut with a pencil, crayon, or their finger?