

tales' tip

When you see letters in a book or in the world around you, help your child trace the letter with their finger and say its name. This helps them understand the shape of the letter, so they can recognize it, and tracing helps develop the muscles in their fingers, which they need for **WRITING** later on. (BCPL)

activity

Put your babies to bed! Use dolls or stuffed animals and go through a bedtime routine. If you don't have baby beds or bathtubs, use empty bins or boxes and add blankets, toys, etc. Don't forget to add books for reading bedtime stories!

digital fun

Daniel's Bedtime Routine

https://www.pbs.org/video/daniel-tigersneighborhood-bedtime-routine/

> "Bath time, brush teeth, PJs, story and song, and off to bed!"

READ

<u>Quiet!</u> by Kip Alizadeh

<u>Good Night, Good Night</u> by Sandra Boynton

<u>There's a Bear in Your Book</u> by Tom Fletcher

<u>Good Night Owl</u> by Greg Pizzoli

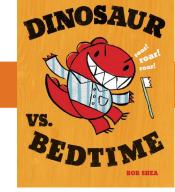
PLAY

Comparing items by size, color, amount, or other characteristics is one way to develop your child's mathematical thinking. **PLAY** during clean-up time by sorting items as you pick up. "Let's put away all the red blocks first."

TALK

TALK about the steps in your family's bedtime routine. What happens first, next, and last?

Talking with your child helps develop their vocabulary, which will help them recognize more words when they learn to read later on.



SING

This Is the Way We Yawn & Stretch

(Tune: Here We Go 'Round the Mulberry Bush)

This is the way we yawn and stretch,

Yawn and stretch, yawn and stretch.

This is the way we yawn and stretch,

On our way to bed.

Other verses:

This is the way we take a bath...

This is the way we read a book...

This is the way we hug and kiss...

This is the way we close our eyes...

WRITE

Help your child draw a square on a piece of paper, and ask them to draw a scene inside it of what is happening outside at bedtime. It could include nocturnal animals, the nighttime sky, or silly things that are made up! Ask your child to tell you about their picture, and write down what they say under the 'window'.

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