

Bed Time with Babies

Play with your baby

- After sharing *Goodnight Moon* with your child, on the way to the bedroom, say goodnight to all the surroundings.
- Sing your baby's name to any tune while rocking them to sleep.
- While dressing or diapering, smile and talk to your baby about what you are doing.
- Play Peek-a-Boo with your baby, using a favorite toy.
- Share a book with your baby before bed each night.

Talk and rhyme with your baby

These are baby's fingers (touch baby's fingers)

These are baby's toes (touch baby's toes)

This is baby's belly button (touch baby's tummy)

Round and round it goes!

Sing with your baby

Rock-a-bye, baby
In the treetop.
When the wind blows,
The cradle will rock.
When the bough breaks,
The cradle will fall.
And down will come baby,
Cradle and all.

