

Bed Time with Toddlers

Play with your toddler

- Before bed, talk about the day.
- Let your child help pick out something to wear; talk about the colors of the clothing.
- Whispering is fun! Practice talking softly to each other.
- Name objects in your child's room and count them.
- Before bed each night, share a book with your toddler.

Talk and rhyme with your toddler

Sit on the floor barefoot with your toddler facing you and recite this poem:

Wiggle your toes, one, two, three

Wiggle your toes just like me.

Now tell the wiggles to go away (shake your index finger)

And sit still for the rest of the day.

(You can repeat the poem by saying different parts of the body such as fingers, elbows, nose or tongue.)

Sing with your toddler

Rockabye Baby

In the treetops.

When the wind blows

The cradle will rock.

When the bough breaks

The cradle will fall.

And down will come (name)

Cradle and all.

