



# Bedtime

## Early Learning (Math, Cognitive)

Allow your child to **choose** a new book to read. Ask, “Why did you choose this book? What do you think it might be about?”

Look together for **patterns** in your child’s bedroom. Patterns on the bed covers, pajamas, pictures on the wall, and on their toys.

## Fine/Gross Motor

Support a yoga **routine** of calming poses before bedtime with your child.

Help your child to **brush her teeth** independently by encouraging her to: put toothpaste on the toothbrush and brush every tooth and their tongue! Next, rinse brush and put in toothbrush holder.

## Language/Literacy

**Talk about** the daily routine. What (events) happened throughout the day? “First we...then we...” See if your child can **recall** events in the order they happened.

**Talk about** the next day with your child and what you might do, are excited about, dream about...

Help your child to **retell** a favorite story you have read together.

## Social/Emotional

Encourage your child to **talk about** their feelings and the feelings of others. “How can we all work together to have a good day?”

Provide one-on-one time when your child can **confide in** a trusted adult. “Tell me about your day. What might we do tomorrow?”

## Self-Help

**Create** a bedtime routine with your child. Ask, “What will help you fall asleep?” Adjust this over time by allowing your child to **choose** a different book or to **read** the book before brushing their teeth today.

Help your child **draw pictures** of your bedtime routine and put them where they can be used independently.