



Bedtime

Language/Literacy

Read familiar stories to your child and **encourage** him to help fill in known parts.

Ask your child about the best/worst part of their day.

Sing a familiar, comforting song to your child.

Early Learning (Math, Cognitive)

Read stories to your child about growth and change of living things.

Point out shapes, colors, and patterns within the stories you read.

Social/Emotional

Let children **choose** their own jammies from a selection of 2-3. **Making decisions** gives children a sense of control.

Give lots of snuggles and hugs to help your child feel secure.

Fine/Gross Motor

Zippers and **snaps** on jammies are a great way to practice fine motor skills.

Allow your child to practice small motor skills by letting him help **turn the pages** in the story.

Self-Help

Let children **assist** in washing up and brushing teeth.

Allow children to **help** get their jammies on.