Things to do together

- Play the imitation game—You make a sound (like the letter “B” sound) then have your child make the sound. Go back and forth. Have your child choose a sound and imitate them.
- Sing Lullabies together. Put stuffed animals to sleep.
- Paint a picture of a moon. Add a poem to the picture. Perhaps the above poem. Hang this above your child’s bed.
- Before your child goes to sleep at night. Ask them if anything funny happened today. Anything sad? Anything unusual? Encourage your child to look back over the day and use their words to share with you.
- Make a paper sun and a paper moon. Play a game where when you hold up the sun, your child must hop around and when you hold up the moon, your child should “sleep”. Switch back and forth between the two.

Other Resources

Lullaby: a Collection—a wonderful CD of gentle world lullabies by the Music for Little People label