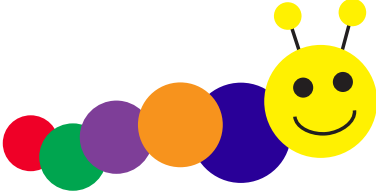


BABY BOOKS to GO



Find more info, book suggestions and other activity sheets at babybooks.pcls.us

Rhyming Fun

Where, Oh Where?

Where, oh where are baby's fingers?
(Touch fingers)
Where, oh where are baby's toes?
(Touch toes)
Where's the baby's belly button?
(Tap belly button)
Round and round it goes.
(Make circle around belly)
Where, oh where are baby's ears?
(Touch ears)
Where, oh where is baby's nose?
(Touch nose)
Where's the baby's belly button?
(Tap belly button)
Round and round it goes.
(Make a circle around belly)
Up, up, up in the sky like this! (Lift baby)
Down down down for a great big kiss.
(Bring down to kiss)
Up like this, down like this, (Up and down)
You're my special baby! (Hug)

Bedtime

Most parents discover early on that establishing a bedtime routine, and following it closely, is essential for bedtime success. End-of-the-day fussiness can be transformed into a treasured few minutes of cuddling and unwinding. Within a short time, your baby will come to anticipate this shared time, and will recognize these rituals as cues to relax and prepare for sleep.

Ideas & Tips

- Bedtime prep could include Mother Goose Nursery Rhymes. These short rhyming stories are packed with small words to build baby's vocabulary, and can be done with a little bounce or a soothing voice.
- Your voice is MUSIC to your baby's ears! Singing familiar songs like "Twinkle, Twinkle Little Star" or "You are My Sunshine" or any other soft, slow favorites are great for relaxing baby.
- Read one or two short board books with baby on your lap. Books with simple pictures and few words are best. Allow your baby time to study each page, while pointing and naming different objects.
- Fingerplays like "Eensy Weensy Spider" or "This Little Piggy" will quickly become nightly favorites.
- Take a stroll outside – or in your backyard. The fresh air and quiet will relax your baby and encourage sleep.

More Books

- **Everyone is Yawning** by Anita Bijsterbosch
- **Good Night, Owl** by Pat Hutchins
- **Kitty Cat, Kitty Cat, Are You Going to Sleep?** by Bill Martin, Jr. and Michael Sampson
- **Time for Bed** by Mem Fox
- **Yawn** by Sally Symes and Nick Sharrett

