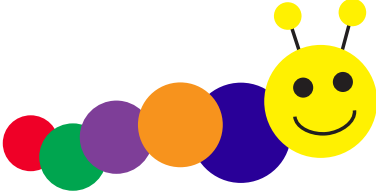


BABY BOOKS to GO



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

Rhyming Fun

Baby's Nap

Here is the baby,
ready for a nap.
(Hold up index finger.)
Lay the baby down
in her mother's lap.
(Place finger on open palm
of other hand.)
Cover her up so she won't peep.
(Wrap fingers around finger.)
And rock the baby, rock the
baby, rock the baby to sleep.
(Rock hands back and forth.)

Naptime

Babies need lots of sleep! Naps are crucial for young children to get the quantity of sleep they need. Set a naptime routine to allow baby to rest and recharge.

Ideas & Tips

- Read books together every day before naptime.
- Sing a favorite lullaby with baby. Soft rhythmic sounds soothe a baby and help them fall asleep.
- Talk quietly about events of the day as you rock.
- Visit the zoo in the afternoon and you'll catch many animals napping.

More Books

- *Cat Nap* by Toni Yuly
- *Naptime with Theo and Beau* by Jessica Shyba
- *No Nap! Yes Nap!* by Margie Palatini
- *Siesta* by Ginger Foglesong Guy

