



## Bedtime Is the Best Time: Supporting Resources

### Description

With our busy schedules, bedtime is the perfect time to connect over books and stories.

### Book Suggestions

*If You Give a Mouse a Cookie* by Laura Numeroff

*I Spy a Funny Frog* by Jean Marzollo

*Llama, Llama, Red Pajama* by Anna Dewdney

*Ten, Nine, Eight* by Molly Bang

*The Kissing Hand* by Audrey Penn

### More Ideas to Try (articles and resources)

- Before Bedtime <http://www.pbs.org/parents/parenthelpers/bedtime.html>
- Bedtime Rituals for Kids  
<http://www.pbs.org/parents/supersisters/archives/2010/09/bedtime-rituals-for-kids.html>
- Reading Activities in the Bath <http://www.pbs.org/parents/education/reading-language/reading-activities/reading-activities-in-the-bath/>
- Bedtime from Afar: Sharing Books When You Can't Cuddle Up Close  
<http://www.pbs.org/parents/booklights/archives/2009/10/bedtime-from-afar-sharing-books-when-you-cant-cuddle-up-close.html>

### Discussion Questions

Why is bedtime one of the best times to read to children?

Telling stories at bedtime can be fun, too. Do you have memories of someone telling you stories when you were little? What stories do your children like to hear? What stories have they told you?

What are your child's favorite bedtime books?

Having a predictable bedtime routine helps children relax and get ready for sleep. Besides reading, what other activities are a part of your child's bedtime routine?

Visit [tpt.org/learn](http://tpt.org/learn) for more tips and resources.