



WHO'S GOING TO BED?

By Abie Longstaff and Eve Coy



Meet a cheeky baby who is **NOT** sleepy. Will anybody get any rest?

This dreamy story is the perfect read just before bed!



Make a bedtime box

Put together a box filled with activities that will help your child wind down at the end of the day.



Put in things that your child finds interesting and calming. These could be activities like jigsaws, colouring and books. Switch off the TV and any devices and make this a special time together.

Creating a calm environment before bedtime

Playing relaxing music or sounds in the bedroom is one way to help your child feel sleepy after reading a story.



Try listening to some calming bedtime sounds here:

www.bbc.co.uk/cbeebies/curations/radio-calming-sounds

Did you know that a regular bedtime routine is associated with improved sleep in young children?



Bath, Book, Bed has simple solutions to sleepless nights:

www.booktrust.org.uk/books-and-reading/tips-and-advice/bath-book-bed/how-to-get-your-little-one-to-sleep/



Diddle Diddle Dumpling My Son John

*Diddle diddle dumpling my son John
Went to bed with his trousers on.
One shoe off and one shoe on
Diddle diddle dumpling my son John.*



Tip. Use this rhyme as your child gets undressed ready for bed. Change 'John' for your child's name and the trousers for their clothes. Pause as you say the rhyme and let your child decide what to take off next.