



Lapsits
for Early Literacy

Parent Handout

Bedtime—A Special Time to Share Books

- Reading a book is a great way to end the day
- Stories about going to bed, sleeping, or dreaming comfort your child
- Stories can even help your child accept bedtime patterns.
- Read books in a soothing voice to help calm your little one.
- Don't pick something too action-packed. You don't want to worry your child before sleep.
- Getting to “read” books for an extra ten minutes before lights out can be a behavior reward for four year olds and older.



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