

# ACTIVITY TIME

## Hush Say the Stars

Margaret Spurling and Mandy Foot

“All is quiet, all is still as the first stars appear in the evening sky. As night closes in, the farm settles down with all the animals, big and small, knowing that now is the time to snuggle into their warm cosy beds.”

### Hush it's bedtime

What is your bedtime or sleep routine?

#### You will need:

- You and your baby
- Clean nappy and pyjamas
- Bottle or milk (if wanted)
- Favourite book/s.

#### Routine

1. Talk to your baby as you dress them for bed. For example: “Let’s change your nappy and put on your pyjamas ready for bed.”
2. If your baby has a drink of milk before bed quietly talk to them while they are drinking. For example: “Do you remember our walk to the park? Today was such a lovely day. I wonder if the sun will be shining again tomorrow?”
3. Share a book/s with your baby and talk about the story and pictures. Enjoy some cuddle time too.
4. As you place your baby in their bed quietly sing a lullaby with the lights dimmed.
5. Whisper “Now it’s time to lie down and go to sleep.” This is one example of a bedtime routine, yours may be different.

#### More ideas:

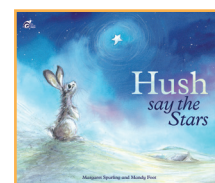
Put a favourite doll/toy to bed using your sleep routine. Talk about the night being dark and a time for sleeping, and day being bright and time for playing. If your baby is older learn some lullabies together such as *Rock-a-bye Baby* or *Twinkle Twinkle Little Star*. Talk about different animals and where they live and sleep. Borrow a CD of lullabies or bedtime music for baby from your local library.

#### Songs to sing

*Twinkle twinkle little star, Rock a bye baby, Hush, little baby and Brahm's Lullaby (Lullaby and Good Night).*

#### Key Message:

The best learning happens in nurturing relationships.



**Adult supervision is essential. Involve and talk with your child as much as possible.**



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