

# Storytime at Home: Bedtime

THESE SONGS AND ACTIVITIES WILL HELP YOUR CHILD DEVELOP:

- New vocabulary
- Cognitive skills
- Flexibility and coordination
- Calmness and relaxation

**LOOK UP THE MUSIC TO THIS LULLABY AND LEARN IT TOGETHER AS A FAMILY!**

## **Cradle Song by Johann Brahms (public domain)**

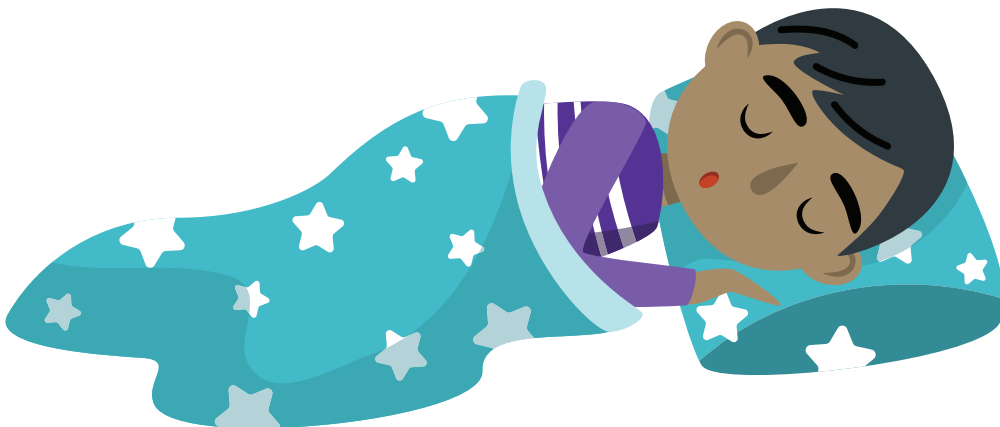
Lullaby and good night,  
With roses bedight,  
With lilies o'er spread  
Is baby's wee bed.  
Lay thee down now and rest,  
May thy slumber be blessed.  
Lay thee down now and rest,  
May thy slumber be blessed.  
Lullaby and good night,  
Thy mother's delight,  
Bright angels beside  
My darling abide.  
They will guard thee at rest,  
Thou shalt wake on my breast.  
They will guard thee at rest,  
Thou shalt wake on my breast.



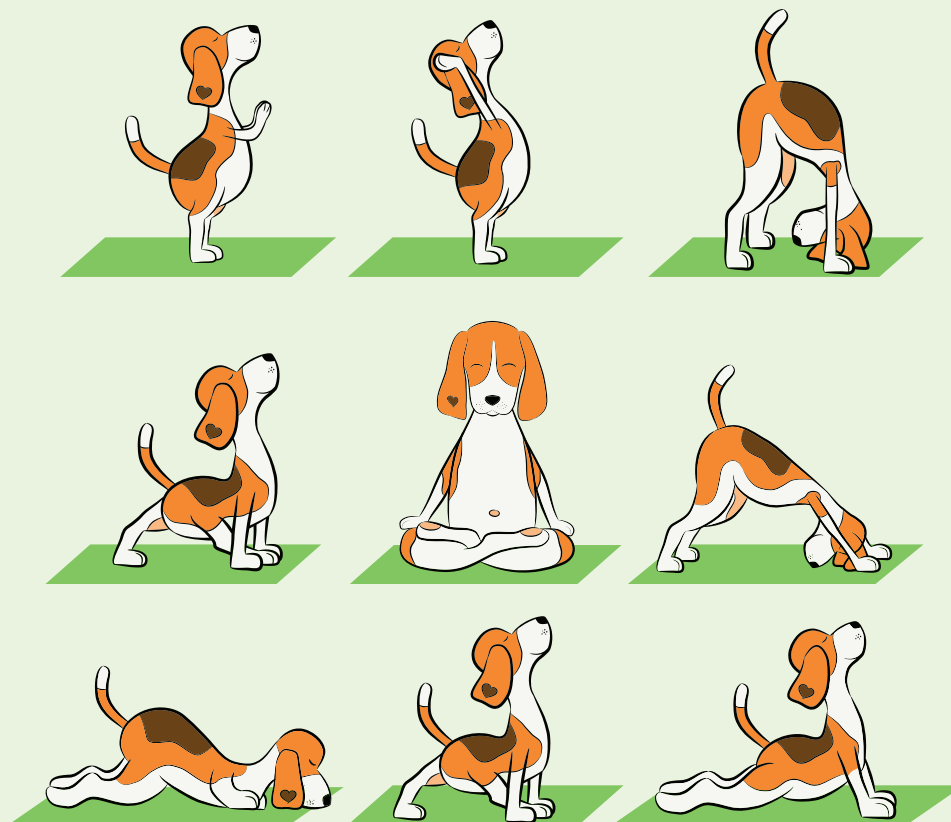
**TEACH THE FRENCH PORTION TO YOUR CHILD(REN)!**

## **Frere Jacques (public domain)**

Frere Jacques, Frere Jacques  
Dormez vous? Dormez vous?  
Sonnez les matines  
Sonnez les matines  
Din din don  
Din din don  
Are you sleeping?  
Are you sleeping?  
Brother John, Brother John  
Morning bells are ringing  
Morning bells are ringing  
Din dang dong  
Din dang dong



# TRY THESE STRETCHES WITH YOUR CHILD(REN) BEFORE BED FOR A GOOD NIGHT'S SLEEP!



## MORE BEDTIME BOOKS!

### Children Ages 0-5

- "Clifford's Bedtime" by Norman Bridwell
- "Good Night Bedtime" by Adam Gamble
- "Bedtime for Baby Sloth" by Danielle McLean
- "Lullaby for Baby Bear" by France Quatromme
- "Bedtime" by Ruth Musgrove
- "Lullaby Moons and a Silver Spoon" J1 811.008 Lul

### Children Ages 5+

- "Good Night, Sleep Tight, Don't Let the Bedbugs Bite" by Diane De Groat
- "Bedtime is Cancelled" by Cece Meng
- "Count the Sheep to Sleep" by Philippa Rae
- "No More Bedtime!" by Chuck Richards
- "Sleep Tight, Anna Banana!" by Dominique Roques
- "Good Night, Good Knight" by Shelley Moore Thomas

For even more bedtime books, crafts and activities please visit Aurora Public Library's Pinterest at

[www.pinterest.com/aurorapublic/storytime-at-home/bedtime/](http://www.pinterest.com/aurorapublic/storytime-at-home/bedtime/)