

# ACTIVITY TIME

## Lullabies for Bed Time

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Beautifully written and illustrated lullabies to share day and night whilst cuddling with your baby.

### Share a bedtime story

#### You will need:

- You and your baby
- A book.

#### Tips

- Turn off distractions, switch off the TV, and put away your phone or iPad. This helps to establish a routine and tells your baby you are giving them your whole attention.
- Pick a place to share stories, it might be in the lounge room or in your baby's room.
- With newborns, sit beside their bassinet or cot and read aloud to them. Your baby will love to listen to your voice.
- Choose stories that you enjoy to read, it's a good idea to read the same story each night as repetition is very important, babies need to hear words many times before they will begin to understand them.
- Think about the tone of your voice – before bed time, keep your voice gentle and calm.
- Singing songs at bed time is a fantastic idea, just remember to sing slowly and softly.

#### Further information

Follow your baby's lead, and make sure the experience is always enjoyable for you both. Keep in mind that the more experiences you share with reading, singing, talking and playing, the better you will support your baby's early brain development.

However, not every time you share stories, sing songs or play with your baby will be a perfect experience – the important thing to keep in mind is how beneficial these experiences are and to try and include them into your daily routine.

Sharing stories as part of a bedtime routine is a fantastic idea. Memories are laid down during sleep and by reading, talking and singing songs as part of your baby's everyday routine you will help them to strengthen their vocabulary and help support healthy brain development.

#### Songs

*Twinkle, Twinkle Little Star* and *Rock-a-bye Baby* or your favourite song!

#### Key message

The first five years matter and last a lifetime.



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



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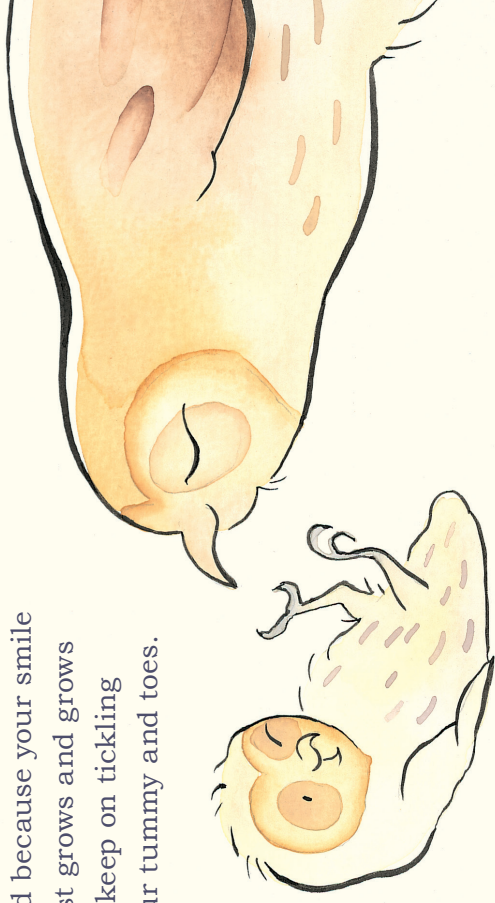


### **Tickle Your Toes**

I love your smile  
Which grows and grows  
As I tickle your tummy  
And tickle your toes.  
I love your eyes  
And ears and nose  
But it's fun to tickle  
Your tummy and toes.



And because your smile  
Just grows and grows  
I'll keep on tickling  
Your tummy and toes.



And my love will last  
I promise you this  
As I tickle your toes  
Then give you a kiss.

