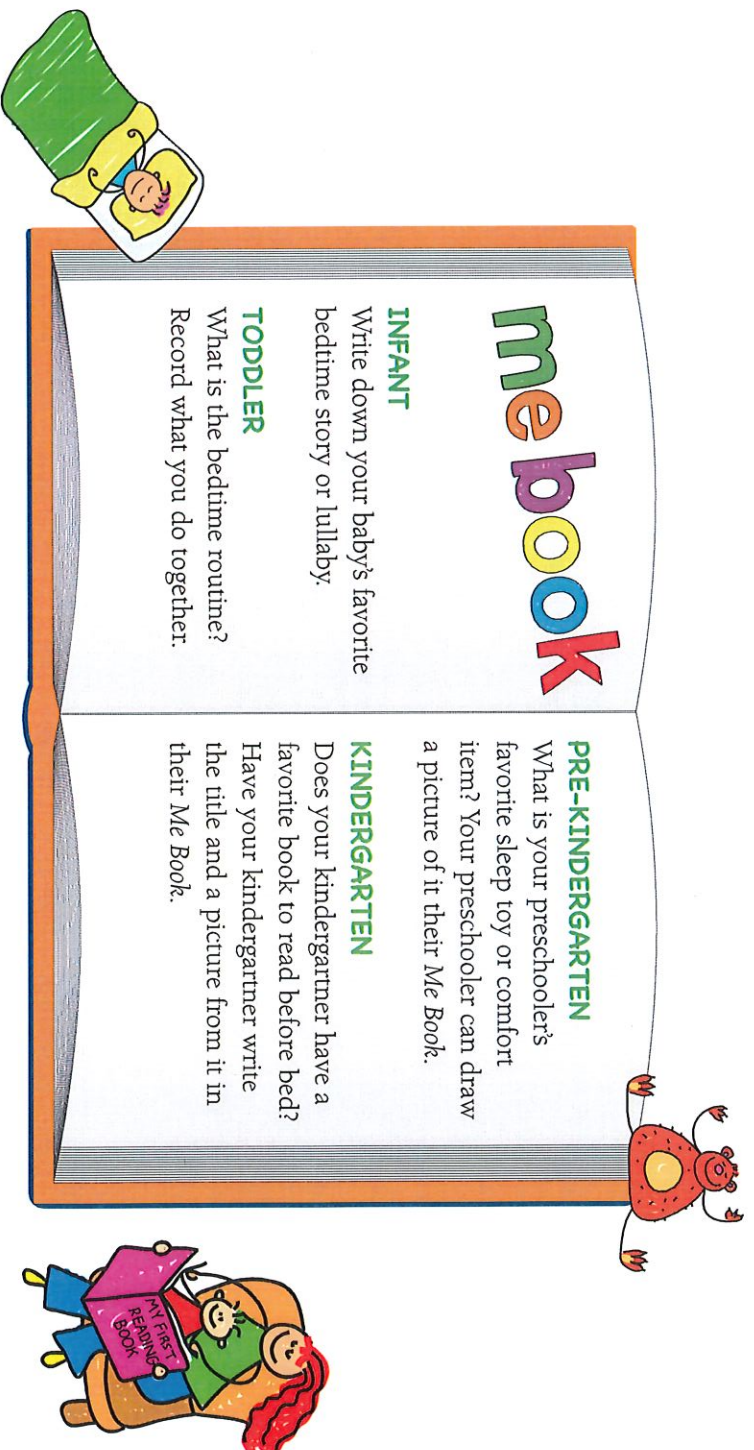


# MARCH



## IN THE BEDROOM

Children thrive on routines, such as consistent nap or bedtimes, and the consistent routines developed around getting ready for bed. The bedroom is a great place to encourage a love for reading. There should always be books available for children. This will encourage their learning and satisfy their curiosity. Children should be encouraged to look at books if they wake up early in the morning or need a quiet activity. You can have access to an endless supply of books at your local library!



## Activity 1: SLEEPY TIME

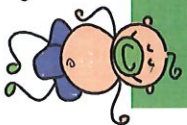
### Key Learning Area: Social and Emotional Development

**INFANT:** As your baby is ready to go to sleep, place him on his back to sleep. It is okay for infants to fuss a little at bedtime. Learning to calm himself to go to sleep is an important skill for babies to learn.

**TODDLER:** Toddlers can mimic bedtime routines by getting a favorite doll or stuffed animal ready for bed. This will be beneficial to help get them in the spirit of the routine.

**PRE-KINDERGARTEN:** In order to be ready for the next morning, before bedtime, discuss the next day's events. You can offer your preschooler choices about what to wear, and she can help decide what outfit to select and lay it out. This will help the morning routine be less harried. Adults can discuss the weather and ask what types of clothes would be best.

**KINDERGARTEN:** In addition to the evening routines in the bedroom to help get ready for morning, kindergartners can dress themselves and begin to assist in taking care of their rooms. Kindergartners can also help make the bed and put away pajamas.



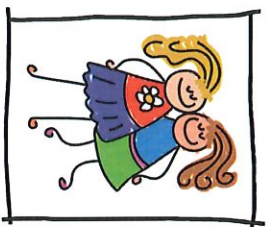
## Activity 3: WHAT CAN WE SEE, WHERE TO BE?

### Key Learning Area: Approaches to Learning through Play

**INFANT:** Take a few minutes with your baby to walk around the room and name some of the items within the room. Visit favorite toys or look at pictures in the room and name items for baby.

**TODDLER:** Play a quick game of "What can I see?" by describing an item in the room so your toddler can name it.

**PRE-KINDERGARTEN AND KINDERGARTEN:** Ask your child to pretend that getting into bed is like getting into an envelope. Ask them "Where can we go?" Encourage them to think a different place they can mail themselves each night and what they may see when they get there.



## Activity 2: BEDTIME STORIES

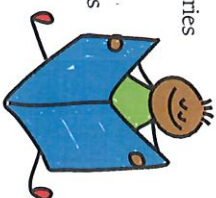
### Key Learning Area: Language and Literacy Development: Reading, Writing, Speaking and Listening

**INFANT:** Hold your baby and read to her regardless of age!

**TODDLER:** Toddlers may enjoy having the same book read over and over again as part of bedtime routines. This may include more than one book. Bedtime is an ideal time to enjoy some quiet closeness with your child.

**PRE-KINDERGARTEN:** As children get older, the length of bedtime stories may increase. Part of this routine can be preschoolers retelling their favorite book to you.

**KINDERGARTEN:** In addition to retelling a favorite story, kindergartners may be able to read some of their favorite stories. Making up stories without books develops the imagination and can be shared by either the child or the caregiver. Use books without words, or read the pictures in books to tell the story.



## Activity 4: RISE AND SHINE!

### Key Learning Area: Language and Literacy Development: Reading, Writing, Speaking and Listening

**INFANT:** When getting baby up for the morning, play a game of peek-a-boo while dressing or changing.

**TODDLER:** While getting ready for the day, sing some of your favorite nursery rhymes or finger plays, like Little Boy Blue, Tsy-Bisy-Spider, Hey Diddle Diddle, or Hickory-Dickory-Do. These will teach your toddler fun rhymes while distracting him from getting dressed or changed.

**PRE-KINDERGARTEN AND KINDERGARTEN:** While getting dressed and ready for the day, ask your child to tell you her plans. Initially, it may only be plans for breakfast, but as children get older, challenge them to plan for more of the day. At the end of the day, this can be a quiet conversation as part of the bedtime routine to see if their day was the same or different than they planned.



## MARCH SUGGESTED BOOKS

I Love You Stinky Face by Lisa McCourt

What You Never Knew About Beds, Bedrooms, & Pajamas

(Around-the-House History) by Patricia Lauber and

John Manders

There's a Barnyard in My Bedroom by David Suzuki and

Eugenie Fernandes

Los Osos Berenstain Y El Cuarto Desordenado/

Berenstain Bears and the Messy Bedroom

(Berenstain Bears in Spanish) by Stan Berenstain

Stop Snoring, Bernard! by Zachariah Chora

Mr. Messy and His Untidy Bedroom

(Mr. Men Story Stickers) by Roger Hargreaves

Whose Shoes? by Stephen R. Swinburne

Junie B. Jones Has a Monster Under Her Bed

by Barbara Park

Who Will Tuck Me in Tonight? by Carol Roth

There's a Monster Under my Bed by James Howe

Good Night Gorilla by Peggy Rathmann

Nursery Rhyme Collections - Random House,

Mother Goose, etc.

Fairy Tales - Traditional and retold versions

For more ideas visit [www.papromiseforchildren.com](http://www.papromiseforchildren.com)