

Why read ***Tuck Me In!*** by Dean Hacoheh & Sherry Schardschmidt

Sleep is an important daily routine for health!

Toddlers need 12-14 hours of sleep across the day and night. Sleeping the same time day each day with a familiar routine, such as reading books, is a great way to transition and end the day.

Pretend/Imaginative Play is a skill that typically emerges between the ages of 2-3. Extend this book by putting baby dolls and stuffed animals to bed. Use shoeboxes, pillows, and blankets-

anything to make a pretend bed.

Repetition in the book of phrases such as “I do!” and “Good night” lead to increased imitation of language and combining words for 2-3 word phrases.

More communication objectives:

The book has animals with obvious body parts to label, such as eyes and belly buttons. As you read, ask your child to point to body parts, or for a higher skill, try and find the differences (i.e., Peacock doesn't have a belly button).

- The repeated question of “Who else needs to be tucked in?” teaches how to ask questions with an inflection in your voice.
- At age 18 months old, children start to combine two words. The book repeats a common word of “baby” with a new word like “Hedgehog.”
- At age 2 ½ years old, children start to use pronouns such as “me.” The book repeats the pronoun “I,” which is an essential foundation for children to communicate their needs of “I want...”.

Tips for reading to toddlers

- Adapt the story to fit your child's attention span.
 - You can skip pages and not read all the words.
 - Talk about a few critical things in the middle and the end; that is a successful book reading.
- Think about ways to interact with the book beyond the pages.
 - Make sounds for animals or vehicles. Use exclamations!
 - Be animated and silly.
- Please put the book down, use items around the house to act out a story.

How to help your toddler sleep well:

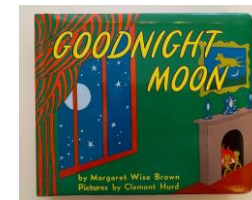
Have nap and bedtimes at the same time every day.

- ✓ Encourage use of a security object such as a blanket or stuffed animal.
- ✓ Establish a consistent bedtime routine with calm and enjoyable activities such as books.
- ✓ Set up a consistent bedroom environment (i.e. dark, cool, quiet).
- ✓ Put your toddler to bed drowsy but awake so they can fall back to sleep on their own.
- ✓ Set clear limits, such as how many books you will read.

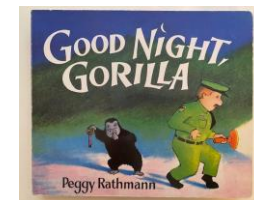
Other books about sleep (Karen's Favorites)



Boynton, Sandra. *Dinosnores*. Workman Publishing Company, 2019.
Boynton, Sandra. *The Going to Bed Book*. Little Simon, 2019.



Brown, Margaret Wise, and Clement Hurd. *Goodnight Moon*. Library Ideas, LLC, 2018.



Rathman, Peggy. *Goodnight Gorilla*. Egmont, 2004.