



Night - Night,
See You in the Morning Light

BY LORI ELMORE-STATON



The sun is saying good night.



It is time to get my room nice and right.



Mom will be calling soon, “Dinner, my sweet little loon.”



At dinner time, I fill my belly and then to the tub.



Scrub a dub! The bubbles work to get me clean.



I remember to wash everything!
Time to dry off and get ready for bed.



I remember to comb the hairs on my head.



**One small snack and drink I take.
Now it is time for a bathroom break!**



I wash my hands and brush my teeth.
Now the process is complete!



Mom comes up to tuck me in, read a book, and kiss my chin.



Snuggle up, warm and tight.



“Night-night,



See you in the morning light!”

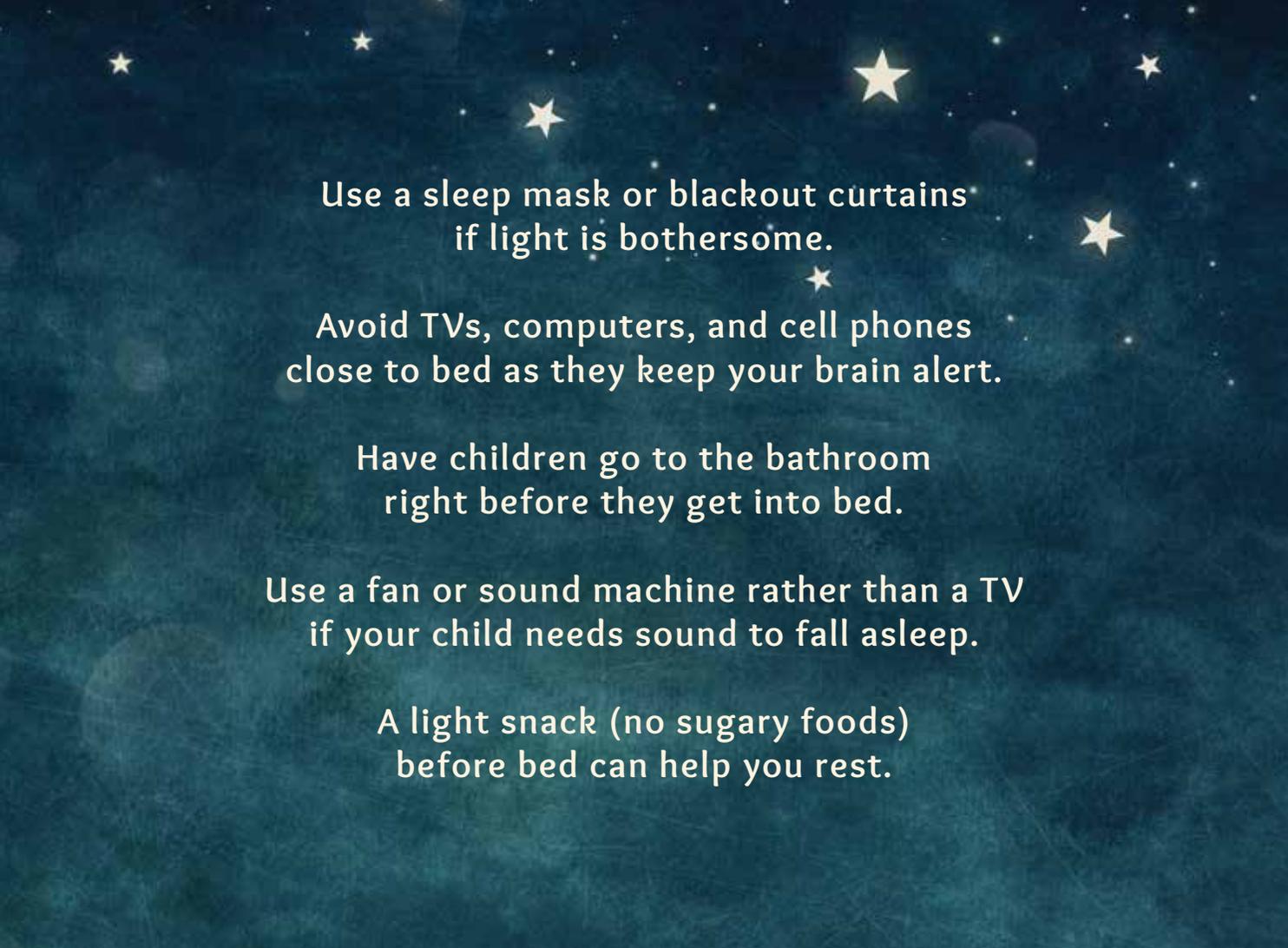
Sleep Tips

Keep a regular sleep/wake schedule,
even on the weekends.

Have a bedtime routine that allows your
body time to relax before going to bed.

Try to make the bedroom quiet,
cool, dark, and comfortable.

If toys are in your child's bedroom, put them
out of sight before putting your child to bed.



Use a sleep mask or blackout curtains
if light is bothersome.

Avoid TVs, computers, and cell phones
close to bed as they keep your brain alert.

Have children go to the bathroom
right before they get into bed.

Use a fan or sound machine rather than a TV
if your child needs sound to fall asleep.

A light snack (no sugary foods)
before bed can help you rest.



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