



## **Baby Dream**

This sweet book is fun to share right before your child goes down for a nap or nighttime sleep. This book shares comforting activities to help your child fall asleep and have sweet dreams. What do you do to help prepare your child for sleep? Maybe sing a special song or say a short poem together that cues your child that it is time to sleep. Here is a sweet poem to share before your child closes their eyes to rest:

*Before you close your eyes to sleep,*

*Here is a thought for you to keep,*

*This was a day filled with so much fun,*

*And tomorrow will be another one!*

*Night, night!*

