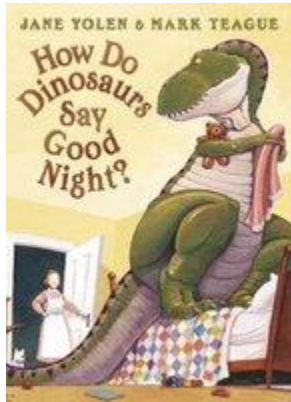
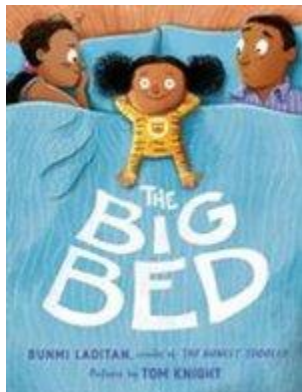


Struggling with Bedtime?



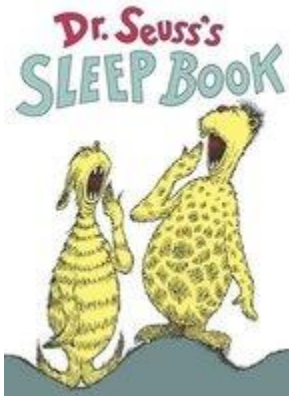
How do Dinosaurs say Goodnight? – by Mark Teague

Brimming with humor and familiar good-night antics, here is a playful peek into the homes of dinosaur children and their parents at bedtime. Mark Teague uses a variety of perspectives in his dramatic, full-page pictures of a Tyrannosaurus Rex, a Triceratops and many more dinosaur favorites. This book pokes fun at the dramas that children can create t bedtime.



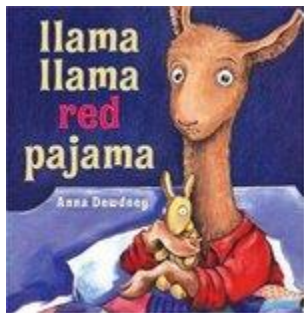
the Big Bed – by Bunmi Laditan

From the creator of the Honest Toddler blog, The Big Bed is a humorous picture book about a girl who doesn't want to sleep in her little bed, so she presents her dad with his own bed--a camping cot!--in order to move herself into her parents' big bed in his place. A twist on the classic parental struggle of not letting kids sleep in their bed.



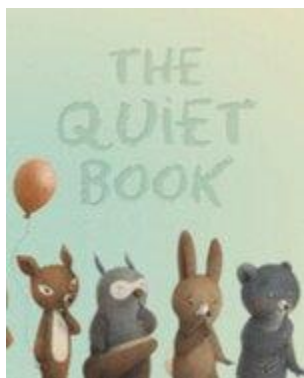
The Sleep Book – by Dr. Suess

The book begins with a bug yawning and then that yawn spreads through out the village and then the world. It will be hard not to yawn yourself!



Llama Llama Red Pajama – by Anna Dewdney

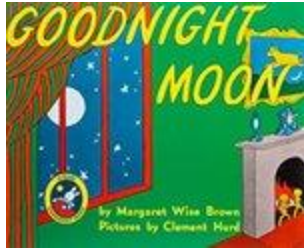
With comforting rhymes and bright, sympathetic illustrations, this book lingers on the emotions of a baby llama who frets when his mother is not nearby at bedtime. This is a lovely book for kids who seek additional comfort and love upon going to bed.



The Quiet Book – by Deborah Underwood

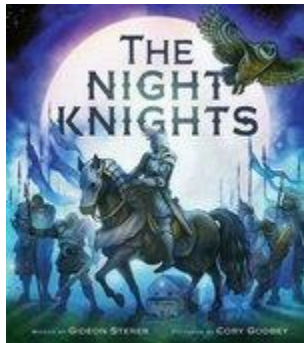
This book is a restful story that lulls in repetition, as the child is guided through all kinds of quiet that exists in the world. It's a lovely way to get children thinking about the peace and space of silence, and the many ways that silence can permeate situations of significance and ordinary moments.

The climax of the book is about the silence that leads up to sleep and allows the child to continue the story as they fall asleep.



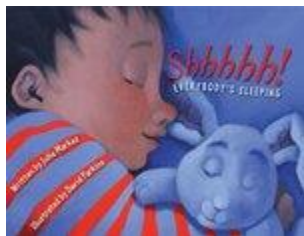
Goodnight Moon – by Margaret Brown

A beloved bedtime story for many years, this classic will always help young ones fall asleep through the repetition and lull of the words in the book. It is perfectly effective in its simplicity as it leads the child to say goodnight to everything in the home.



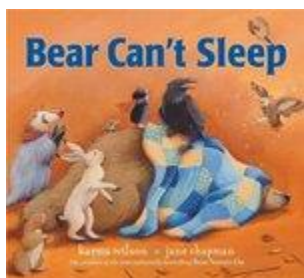
The Night Knights – by Gideon Sterer

Is your child scared of the monsters in the dark? This is a fantastic book about why your child should not be scared of the dark or of going to sleep. Similar to guardian angels, these fantastical armies will watch over you and keep you safe all night long. There is no way even the tiniest monster could slip through.



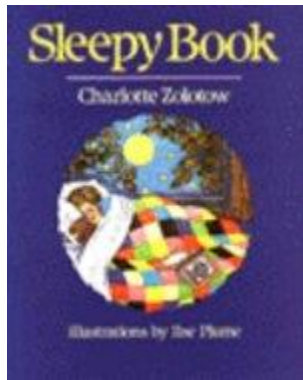
Shhhhhh! Everybody's Sleeping – by Julie Markes

A young child is encouraged to go to sleep by the thought of everyone else sleeping, from teacher to baker to postman.



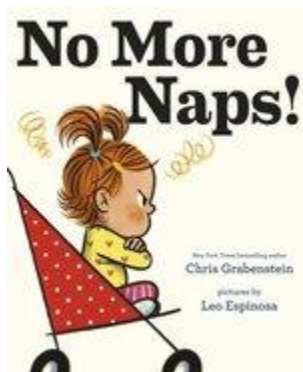
Bear can't Sleep – by Karma Wilson

Bear just can't fall asleep no matter what his friends do to help. Find out how bear finally falls asleep in this lovely before bed book. This book is a simple but lovely bedtime story to prepare your child for sleep.



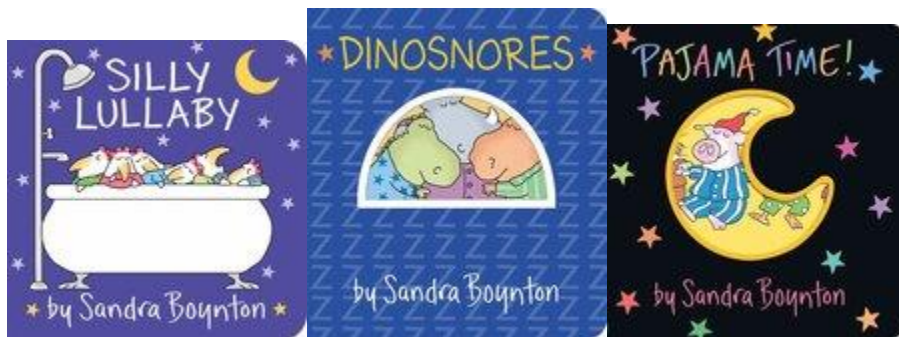
Sleepy Book – by Chorolotte Zolotow

This book describes how each animal sleeps in its own special place, in its own special way.



No More Naps! – by Chris Grabenstein

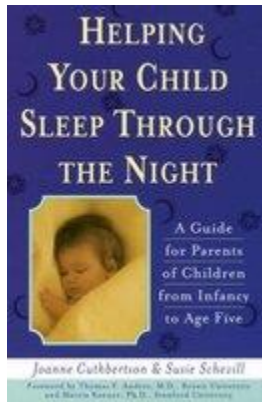
If your child refuses to take naps and says that they are not tired then this is the perfect book for them. When stubborn Annalise Devin McFleece will not take a nap, the entire town decides to take one for her and she realizes that she is missing out.



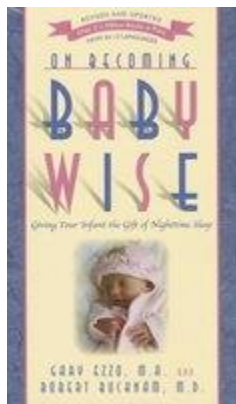
Sandra Boynton Books

Here are some lovely board books with easy concepts on bedtime for your littlest ones.

Parents:

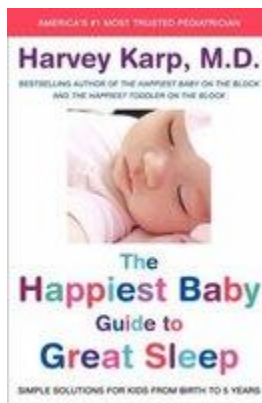


Helping your child sleep through the night – by Joanne Cuthbertson

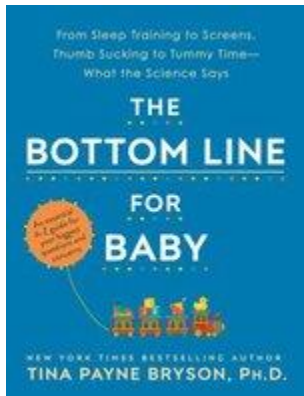


Baby Wise – by Gary Ezzo

On becoming baby wise: giving your infant the gift of nighttime sleep.



The happiest baby guide to great sleep: simple solutions for kids from birth to 5 years – by Harvey Karp



The bottom line for baby: from sleep training to screens, thumb sucking to tummy time--what the science says. – by Tina Bryson