

Early Language in everyday activities



Sleep time



Pretend play

You can do some pretend play with large dolls/teddies or with small world figures doing the bedtime routine - getting them ready for bed, putting them to bed and waking them up!

- You can include some good **action words**, e.g. **lying** down, **snuggling** up, **cuddling** (you or toys) **covering** them up, **closing** (eyes), **sleeping**, **dozing**, **snoozing**, **snoring**, **dreaming**, **opening** (eyes) **waking** up.
- You could also include **in**, **on** and **under** – **in** bed, head **on** pillow, get **under** duvet. You could get your child to close their eyes and hide their toy **in**, **on** or **under** different places. Can they find them and if able tell you where they are? You could help by making snoring noises making them louder when they're close and quieter as they get further away!
- Look at what might make a **comfy** bed for them, e.g. talk about the concept of **soft**. Look at different textures, sort them into what is soft / not soft. Find other soft things. You could stick with soft / not soft or look at other textures – **hard**, **bumpy**, **scratchy** etc.

Sharing books

Bedtime can be a good time to try and share a book together. Research shows that children who are 'read' to **three times per week or more** do much better in later development. It also suggests that if you can make book sharing interactive it will have a greater impact on a child's language skills and later reading and writing.

How can I make book sharing interactive?

- ❖ **Sentence completion** - see if your child can finish the sentence of a familiar story with the phrase, word, gesture or even just a sound:
e.g. I wrote to the zoo to send me a pet they sent me.....? a frog / "ribbit"
If your child is less sure try a choice was it a chicken or a frog?
- ❖ **Ask questions** - What can you see in this picture? What happened in the story? What happens next? How do you think they feel?
- ❖ **Link to their experiences** Do you remember when we? Have you ever done that? Have you ever felt like that?



Interactive Book Sharing: <https://www.youtube.com/watch?app=desktop&v=1OlnrwP6PYc>

Book Trust: Bath, book, bed Booktrust.org.uk/resources/bath-book-bed-booklet-2020-optimised

Libraries have picture books for children in different languages. Contact or visit the library to find out more!

Suggested Books to support sleep time

Goodnight Everyone - *Chris Haughton*
Peppa's countdown to bedtime - *Mark Baker*
Where the wild things are - *Maurice Sendak*
Arlo: the lion who couldn't sleep - *Catherine Rayner*
Hairy Maclary from Donaldson's Dairy - *Lynley Dodd*

Tip: *You don't have to 'read' the books, you can enjoy looking at the pictures, or making up your own stories!*

Suggested songs or rhymes to support sleep time

Sleeping bunnies
The sleep time song

(words of the rhymes are included on page 2)

Other books:

<https://www.booktrust.org.uk/booklists/b/bath-book-bed-2018/>

Why not pay a visit to your local [Library](#)! Southampton Library Service are working together with the Speech & Language Consultant to offer a supply of suggested books in local libraries. **Anyone can join the library – it's free! Call in to your local library or join online: [Southampton | Libraries](#)**
(please have ID with you to get your Library Card)

You can borrow up to 20 books each time and swap them as often as you like. SCC Libraries don't charge for any damage to books by children and there are no fines for late returns. Reading with your child is a great way to encourage speech, language and listening skills, **and visiting the library together is a free and fun activity!**

Sleeping bunnies

See the bunnies sleeping, till it's nearly noon,
Shall we wake them, with a merry tune?
They're so still ... Are they ill? (pause)

Wake up bunnies!!

Hop little bunnies hop, hop, hop,
Hop little bunnies hop, hop, hop,
Hop little bunnies hop, hop, hop,
Hop, hop, hop.



Can be a lovely one for developing listening skills as you can pause between the sleeping and the wake up verses and increase the amount of time they have to stay asleep and listen for the "wake up"!

You / toy could go to sleep and your child can take a turn at telling you to wake up!

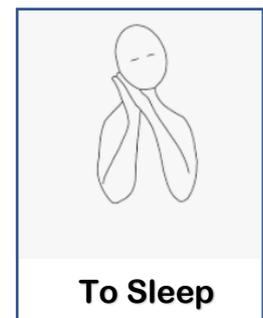
This is a link to a recording of the song which includes bunnies that hop, monkeys that jump and ponies that trot! <https://www.scottishbooktrust.com/songs-and-rhymes/sleeping-bunnies-toddler>

Video of a baby or toddler group doing the song: <https://www.scottishbooktrust.com/songs-and-rhymes/sleeping-bunnies>

The sleep time song

Sleepy one, you've had fun,
Close your eyes, float to the skies.
It's sleep time for baby (or use child's name)
It's sleep time for baby (or use child's name)
For baby / child's name, It's sleepy time.

Great big yawn, curtains drawn,
Close your eyes, float to the skies.
It's sleep time for baby (or use child's name)
It's sleep time for baby (or use child's name)
For baby it's sleepy time.



<https://www.bbc.co.uk/cbeebies/watch/the-baby-club-daily-routine-songs#playlist>

There's also: **Twinkle Twinkle with Makaton signs with Mr Tumble**

<https://www.bbc.co.uk/cbeebies/curations/nursery-rhymes>

Hey Duggee bedtime lullaby <https://www.bbc.co.uk/cbeebies/curations/hey-duggee-songs>