



# Dolly Parton's IMAGINATION LIBRARY

## Book Tip Sheet

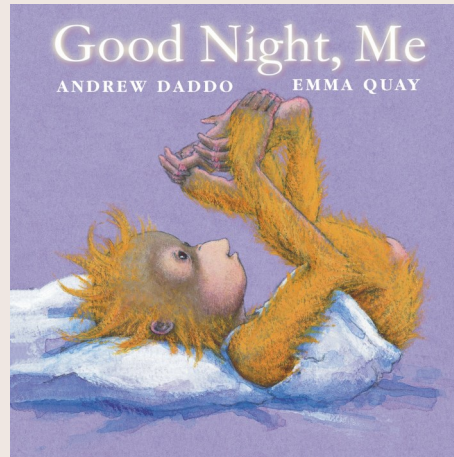
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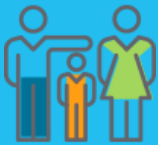
### **Good Night, Me**

**Andrew Daddo and Emma Quay**

This delightful book about a baby orang-u-tan is perfect for just before bed time. Like baby orang-u-tan you can tell each part of your body to relax as you go to sleep.



#### **BEFORE READING...**



- ▶ Snuggle up to read this book together just before bed time, or read it at another time of day to let your baby do some of the actions in the book.
- ▶ Reading can be an effective part of your child's bedtime routine, helping signal to them that it's time for sleep. If you read in the same place with the lights dimmed each day it can help settle them ready to sleep.

#### **WHILE READING...**



- ▶ Can you do all the positions that baby orang-u-tan does with their body?
- ▶ If you are trying to help your child calm down ready for sleep, try reading in a slow, quiet voice.
- ▶ Gently massage or pat each body part as it's named. Notice how your baby responds.

#### **AFTER READING...**



- ▶ Tell other parts of your body to relax and go to sleep. Work out what you can thank them for doing today. E.g. "Goodnight ears". "Thank you for helping me listen to this story."
- ▶ Visit your local library to explore other books about going to sleep.

Email [read@unitedway.com.au](mailto:read@unitedway.com.au) for address changes or any questions!