

# Lullabies for Bedtime

## Doris Chang and various



### Reading this book together

This gentle collection of lullabies helps create a calming bedtime routine. The soft rhythms, repetition and soothing images help little ones feel safe and ready for sleep. Try reading slowly, with a quiet voice and long pauses. Let your child touch the pages, point to pictures or rest in your arms. Even very young babies enjoy patterns and gentle rhymes, and may begin to imitate sounds or sway with the rhythm.



### Ideas to try as you read

- Use gentle movement when lullabies mention cuddling, creeping or snuggling, acting them out softly with your baby.
- Point and name pictures of animals, stars, leaves or the moon using simple words.
- Pause for sounds like “shhh...” or “splash splash” to encourage copying.
- Follow their focus and stay on pages they watch closely.
- Create a cosy space with soft lighting, calm breathing and close cuddles.

### Building language + everyday fun

Reading or singing with your baby helps them learn new sounds and rhythms. They watch your face and build early listening and memory skills through repetition. Turning pages, pointing to pictures and hearing the same lullabies supports early book awareness. Try singing during nappy changes or car rides, and make simple “shhh...” or “splash splash” sounds. A cosy bedtime ritual with cuddles and a favourite page can help them relax.



Written by 360 Early Education

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