LET’S TALK, READ AND SING ABOUT BEDTIME!
BOOK AND MUSIC RECOMMENDATIONS FOR YOUNG CHILDREN

**Books**

*Goodnight, Goodnight, Construction Site*
By: Sherri Duskey Rinker
Take a tour of a bustling building site as Crane Truck, Cement Mixer, Dump Truck, Bulldozer and Excavator finish up their jobs and go to bed.

*Time For Bed*
By: Mem Fox
What’s better for bedtime than cozy scenes of baby animals and their mothers, paired with musical, fun-to-read, couplets? The book concludes with a human mother and child.

*The Going to Bed Book*
By: Sandra Boynton
The animal passengers of a large ocean liner brush their teeth, change into their pajamas and, of course, exercise, before winding down to “rock and rock and rock to sleep.”

*How Do Dinosaurs Say Goodnight?*
By: Jane Yolen
Children will laugh with glee to see young dinosaurs (with, oddly, human parents) behaving very badly, then coming around and doing it right.

*The Big Red Barn*
By: Margaret Wise Brown
Watch all the animals prepare for bedtime on the farm in this classic from the author of Good Night, Moon. The colorful illustrations and appealing rhyme are ideal for babies and toddlers.

**Music**

Singing lullabies can be a soothing part of your child’s daily bedtime routine. Listen to these beautiful lullabies written by parents through Carnegie Hall’s Lullaby Project: [https://soundcloud.com/carnegiehalllullaby](https://soundcloud.com/carnegiehalllullaby)

*For more tips and information, please visit: [www.talkingisteaching.org](http://www.talkingisteaching.org).*