

**The Big Idea:** Bedtime is great for quiet bonding—and learning.

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## Building Skills at Bedtime

💬 Learning Through Routines    😊 Age 2 to 6    ⌚ 4-10 Min



Snuggle up and try these ideas:

- Wind down and build memories by talking about the day together. What did kids see and learn today?
- Encourage kids to say goodnight to objects around the room (clock, toys) and also to the moon and stars. Then it's your turn: Say good night to children's nose, elbows, and belly button! It's fun, it's cozy, and it's a terrific way to build language skills while following a calming bedtime routine.
- Go over the things you did together during the day. What did kids see? What did they learn? End with a story, a special good-night song, or whatever you like.
- Have kids make choices that allow them to shape the routine: Which song or story do they want to hear? How would their stuffed animals like to say good night? Kids can begin to see bedtime as a time for sharing and comfort.