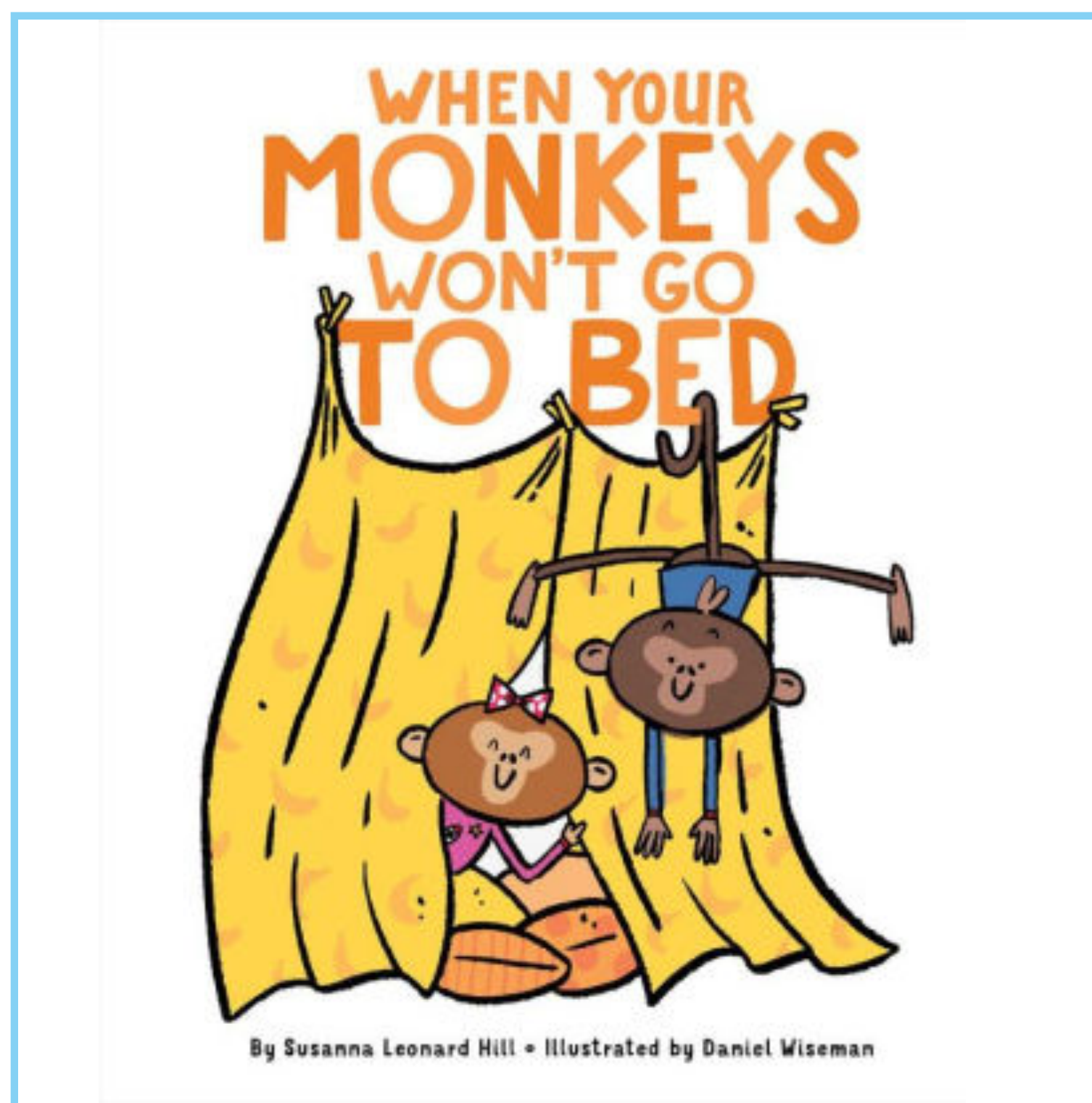


When Your Monkeys Won't Go to Bed

An Activity Guide



How to Use This Guide: This activity guide for *When Your Monkeys Won't Go to Bed* is designed for parents and caretakers of infants, toddlers, preschool, and kindergarten children. It is assumed that the parents and caretakers will adapt each activity to fit the needs and abilities of their own children.

About the Author



Hello!

As an author and the mother of five, it will come as no surprise that the **When Your...** series was written from personal experience. Like many of you, I have one who won't bathe, one who hates haircuts (okay, more than one!) and no one likes getting the sniffles or going to bed! Surely, there is a way to get our little ones to see reason and cooperate!

With the **When Your...** series, my goal is to help put some fun into experiences that little ones sometimes find objectionable while simultaneously demonstrating strategies that parents and caregivers can use.

How can I encourage my child to cooperate when we need to do something s/he doesn't like?

Children have very little control over daily events and routines. Giving them a choice of two options, either of which you will be happy with, allows them a small measure of empowerment.

For example: Would you like to take your bath before dinner, or after dinner?

Make it fun. Nothing makes a bath more appealing than bubbles, toys, or bath crayons. A sick day can be brightened with games and stories. Bedtime is story time and snuggle time.

Children often have fears which may seem irrational to adults. But children do not have the experience or perspective to understand things adults take for granted. Getting their hair cut, or wondering what might be in the darkness under the bed can be truly frightening. Giving your child the opportunity to "practice" something that scares her/him by trying it out on a stuffed animal, or by working up to it in small stages may help him/her conquer those fears.

For example:

Show – using a doll or stuffed animal, show your child each step of whatever experience or situation s/he is worried about. Then let your child practice it on the doll.

Talk – describe what you're doing as you're doing it so your child is prepared and understands.

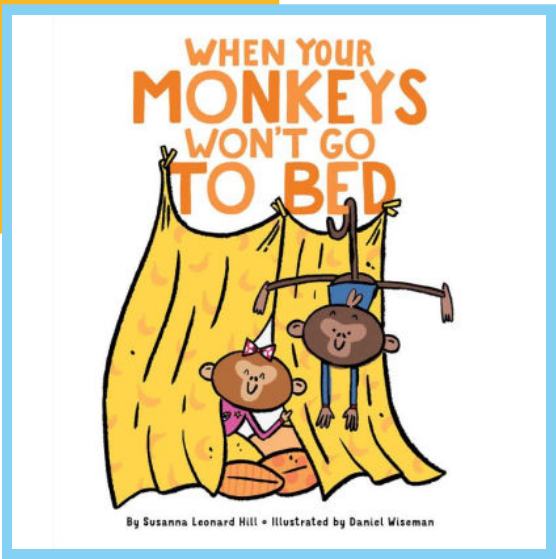
Sing – make up silly songs or rhymes about things your child doesn't like or is afraid of so they feel more fun and less threatening.

Discuss and share – feelings. It's okay to worry. It's okay to dislike an activity or situation. Discuss what might be done to make it better.

Most importantly, your love, support, and understanding will help them over those rough spots until they're able to navigate on their own.

Susanna Leonard Hill, Author
M.A., M.Ed. Counseling Psychology

Infant (0-1 Year)



Infants love to hear your voice, and it's never too early to begin reading together! At this stage, a book is less about the story and more about the tone of your voice, the rhythm of your speech and the visual stimulation of the pictures.

What Do We See?

Point to the illustrations on each page as you read, naming the objects and colors.

For example:

<u>Animals</u>	<u>Shapes</u>	<u>Colors</u>	<u>Objects</u>
Monkey	Circle	Purple	Pillows
Llama	Square	Blue	Sailboat
Lion	Triangle	Orange	Airplane
Cat	Rectangle	Yellow	Pajamas
Elephant		Red	Books



Get Ready for Bedtime Song

Sung to the tune of "The Wheels on the Bus."

This is the way we take a bath,
take a bath, take a bath.
This is the way we take a bath
To get ready for bedtime.

This is the way we put on jammies,
put on jammies, put on jammies.
This is the way we put on jammies
To get ready for bedtime.

Other verses can include 'brush our teeth,' 'read a book,' 'pillow fight,'
and 'yawn real big.'



Zzzzzz-a-boo

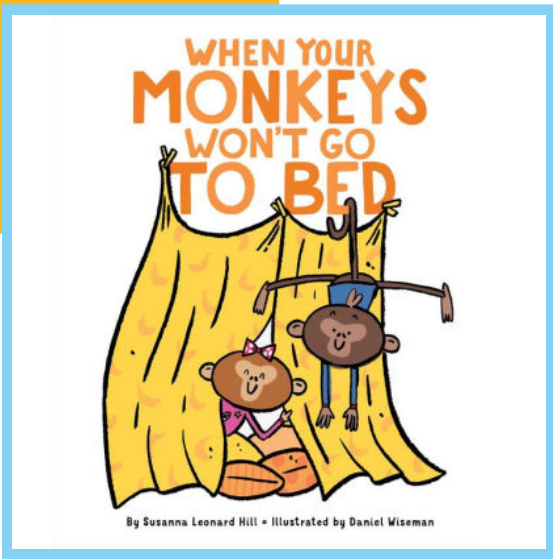
This version of the classic Peek-a-Boo plays with the concept of "awake" and "asleep."

Open your eyes wide and do your best to look awake and say, "Awake!"

Then close your eyes and rest your cheek on your hands like a pillow and say, "Asleep." You can even add in a few snores.



Toddler (1-2 Years)



Many toddlers are ready to take a more active role in story time. They can repeat words, count along with you, and begin to identify shapes and colors.

Reading Comprehension

As you read, ask, “Where is the...?” Your toddler can respond by pointing to the correct illustration.

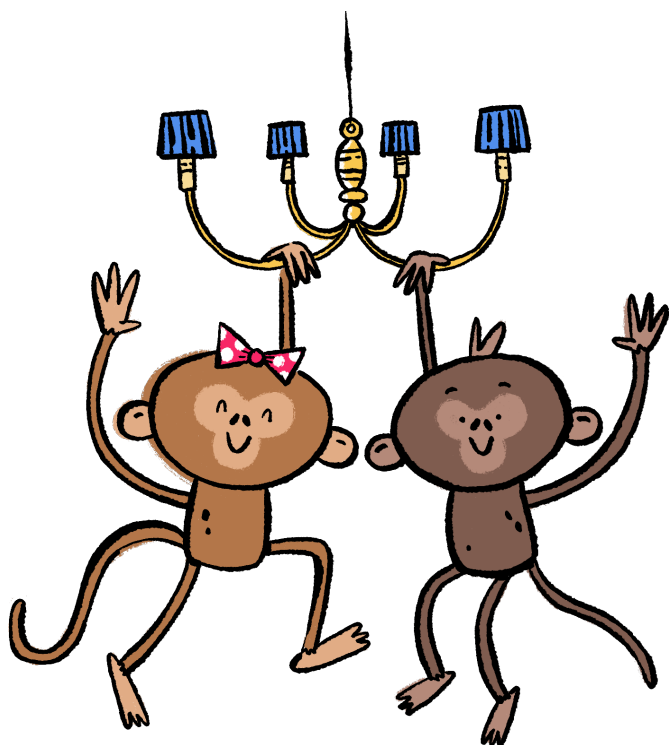
Animals	Shapes	Colors	Objects
Monkey	Circle	Purple	Pillows
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Practice more shape and color recognition. Say, “I spy something _____” The blank can be filled with any color or shape on the page. The child can then guess what you spy.

Laundry Pile Math

Before bedtime, provide some quiet time to play and reflect on the day. Gather a pile of laundry and sort the items into categories based on color or type of clothing. Examples:

- Count the number of shirts in the pile
- Find all of the items with red on them
- Separate out the hats and gloves



Act It Out!

Every time you read the following “command” words, your child can perform the action.

Command	Action
Monkey(s)	Scratch under your and say “ooh ooh, ahh ahh.”
You(r)	Point to themselves
Tired/sleepy/yawn	Stretch arms and yawn loudly

Flashlight Bedtime Memory

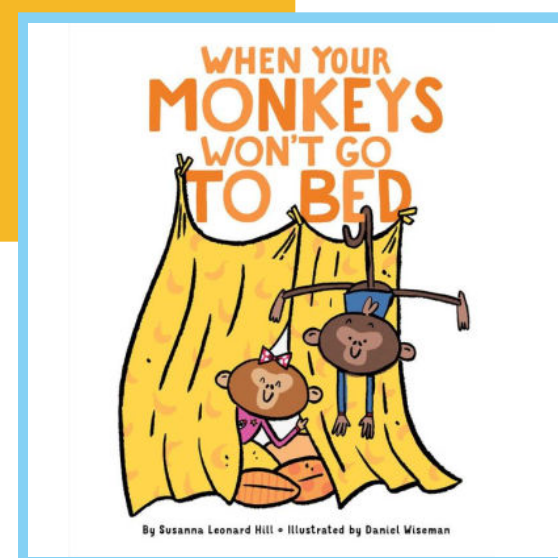
Turn out the lights so the room is completely dark and allow your child to flip on her flashlight.

Call out an item in the child’s room and see if they can recall where it is, shining the flashlight on it as quickly as possible.

Examples: a particular stuffed animal, a picture hanging on the wall, or books.



Preschool/Kindergarten (3-5 Years)



A Picture Walk

After reading *When Your Monkeys Won't Go to Bed*, encourage children to re-read the book using the pictures as clues.

Look at the cover and assist your child in describing what they see in the picture. For example, “in this picture, I see two monkeys acting silly.”

Now, open to the first page of the story and help your child describe what is happening on this page. Encourage speaking in full sentences and giving as many details as possible, referring to the characters, the setting, and the story events. Continue in this manner, through the rest of the book.

When I Go to Bed

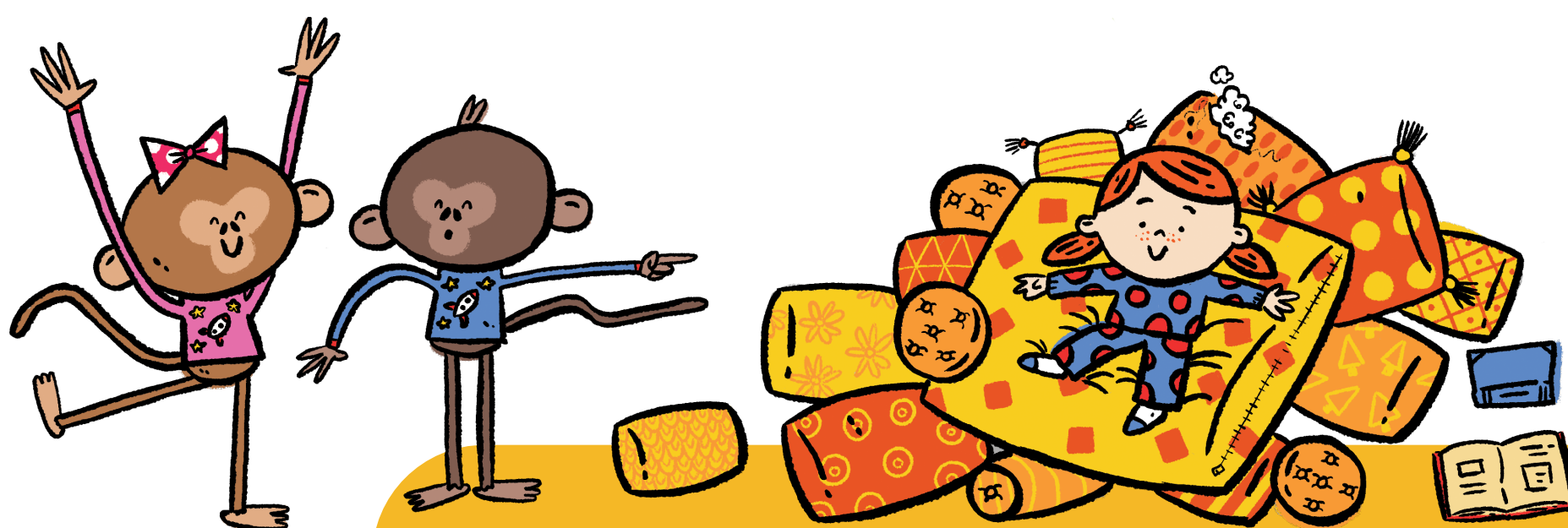
The monkeys have a crazy time getting to bed. Discuss what bedtime is like in other houses.

- What do you do to get ready for bed?
- What do you do first? Second? Third?
- Does anyone help you get ready?
- What is the last thing you do before falling asleep?
- Where do you sleep? Describe.
- What is your favorite part of bedtime? Why?
- What don't you like about bedtime? Why?
- Do you ever have trouble falling asleep? If so, what do you do?
- Do you ever wake up in the middle of the night? Why?
- Has your bedtime changed as you've grown older?
- Does everyone in your family have the same bedtime? Why, or why not?

Children can make a book that contain pages with the answered questions and pictures. Yarn can be used to bind the pages together. Separate books can feature morning rituals, mealtime rituals, etc.

Build a Homemade Nest

Everybody loves a blanket fort or a pillow nest. Make one of your own, being sure to include whatever you find comforting for a good night's rest.



How We Sleep

Most monkeys sleep sitting in trees, balancing on a branch without falling off, often upright, resting on their bottoms. Many animals like cats and dogs simply lie down to sleep. But other animals have some unique and interesting sleep habits.

Some animals such as horses can “lock” their legs so that they can sleep while standing. This ability allows them to make a quick escape if a predator comes near. Some birds such as the flamingo can even sleep while balancing on only one leg!

Visit YouTube and look for videos on “where wild animals sleep.” Then, children can draw where they sleep. Ask them to include all the items that help them sleep at night (nightlight, stuffed animals, pillow, blanket, books).