

SOPHIE

Sophie la girafe[®]

goes to sleep

A first **BEDTIME**
book to read
with baby



It's the end of a busy day.
You must be feeling sleepy, Sophie.



Time to put your toys away for the day.

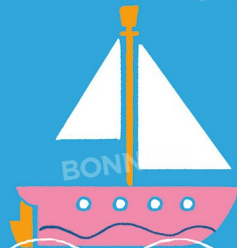


★ **TIP:** Keeping a consistent bedtime routine every night helps babies recognise the cues for bedtime. This helps to set their body clock, too.

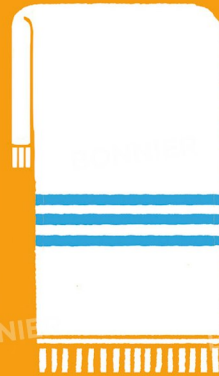
Sophie loves bathtime.
Scrub a dub. Splash splash splash!



★ TIP: A warm bath helps little ones enjoy some
playtime and get ready to settle down before bed.



boat



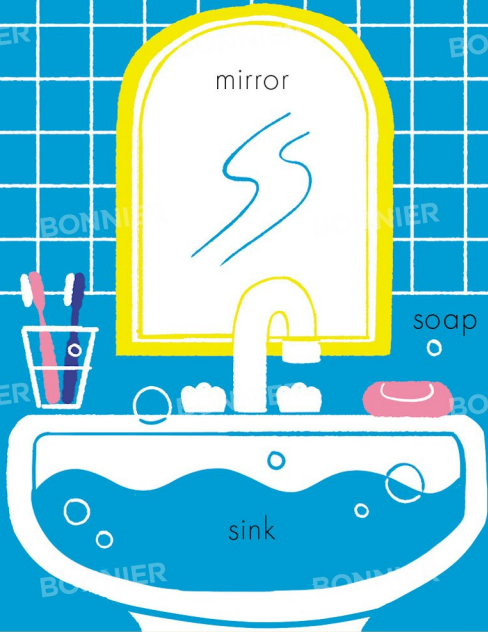
towel



duck

Don't forget to brush your teeth, Sophie.

Gently brush – side to side, front and back.



★ **TIP:** If your child doesn't like having their teeth brushed, try brushing your teeth at the same time so they can copy you!

brush brush



Sophie puts on her pyjamas and climbs under her special blanket.



pyjamas



slippers



blanket

There's just time for a bedtime story and a big cuddle.



book

pillow



TIP: Keep lighting dim in the bedroom and keep your voice low. This will make your child relax and helps the onset of sleepy hormones!

Now snuggle down to sleep.
Goodnight Sophie. Sweet dreams.



★ **TIP:** Leaving your baby with a comforter that smells of you will help them to feel secure.
WARNING: Never leave anything in the sleeping space for babies under a year old.

