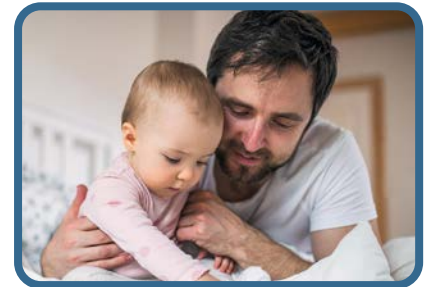


HELLO PETER

by Puffin

Find out about Peter and how he spends his day. Before Peter goes off to bed, he's having lots of fun playing and getting up to mischief.

A perfect book to share with your little one at any time of the day.



Sing songs with your baby all day long.



All sorts of daily activities can be opportunities to bond with your baby.

Try making up your own songs and rhymes. Sing them to your child to make your routines more fun.

Watch this short video for inspiration on making up your own songs to fit into your routine as you share the book together.

<https://www.bbc.co.uk/tiny-happy-people/sing-me-a-rhyme/zrmpwty>



Rock-a-bye Baby



**Rock-a-bye, baby,
on the tree-top,
when the wind blows,
the cradle will rock.
When the bow breaks,
the baby will fall,
down will come baby,
cradle and all!**

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-rock-a-bye-baby/zbwgscw>

Bedtime Routines



You may feel ready to introduce a bedtime routine when your baby is around 3 months old.

Creating a calm and soothing bedtime routine helps your baby to feel loved and is an ideal opportunity to have 1:1 time with your baby.

The routine could consist of:

- having a bath
- changing into night clothes and a fresh nappy
- putting them to bed
- reading a bedtime story
- dimming the lights in the room to create a calm atmosphere
- giving a goodnight kiss and cuddle
- singing a lullaby or having a wind-up musical mobile you can turn on when you've put your baby to bed
- brushing their teeth if they have any

