



Salsa Lullaby

by Jen Arena & Erika Meza

Recommended books:

Jazz Baby by Lisa Wheeler & R. Gregory Christie
Peekaboo Bedtime by Rachel Isadora
Llama Llama Red Pajama by Anna Dewdney
Please, Baby, Please by Spike Lee & Tonya Lewis Lee
How Do You Say Good Night? by Cindy Jin & Shirley Ng-Betinez
Nighttime Symphony by Timbaland & Christopher Myers
A Big Bed for Little Snow by Grace Lin
Old MacDonald Had a Baby by Emily Snape & K-Fai Steele
B is for Baby by Atinuke & Angela Brooksbank
We Sang You Home by Richard Van Camp & Julie Flett
You Hold Me Up by Monique Gray Smith & Danielle Daniel
Nose to Toes, You Are Yummy by Tim Harrington
Good Night Like This by Mary Murphy
I Got the Rhythm by Connie Schofield-Morrison
Sleepy, Oh So Sleepy by Denise Fleming

Fingerplays and Action Rhymes:

Baby's Nap (From Thomas Memorial Library)

This is a baby ready for a nap (hold up index finger)
Lay them down in a cozy lap (place finger on open palm of other hand)
Cover them up so they won't peep (wrap fingers around finger)
Rock them till they're fast asleep (rock hands back and forth)

Teddy Bear, Teddy Bear (Traditional)

Teddy bear, teddy bear, turn around
Teddy bear, teddy bear, touch the ground
Teddy bear, teddy bear, reach up high
Teddy bear, teddy bear, touch the sky
Teddy bear, teddy bear, touch your knees
Teddy bear, teddy bear, sit down please

Action Songs:

Time for Bed (Tune: Frere Jacques) (From Perry Public Library)

Time for bed, time for bed (tap watch on wrist)
Fluff up the pillow (pretend to fluff pillow)
Lay down your head (lay head on hands)
Pull up the blanket (sign "blanket")
Tuck it in tight (hold hands under chin)
Close your eyes (close eyes and tilt head)
And sleep tight (snore)

Twinkle Twinkle Little Star (Traditional)

Twinkle, twinkle, little star!
How I wonder what you are.
Up above the world so high, like a diamond in the sky.
Twinkle, twinkle, little star!
How I wonder what you are.

Songs:

"Shake Your Sillies Out" by Raffi

When he sings "wait," have kids freeze and do the sign for wait (hands out, palms up, wiggle fingers) Pausing helps build self-regulation skills like taking a deep breath in the book.

"Pajama Time" by Laurie Berkner

"Sleeping Bag Chant" by Carol Peterson

"The Night We Made it Noisy in Boise, Idaho" by Jim Gill

Craft Activity: Teddy Bear Pajamas (From RedTedArt <https://www.redtedart.com/pajama-party-teddy-invites-pyjama/>)

Materials: Teddy Bear Cutouts; Pajama Cutouts; Crayons, markers, scissors, and other art supplies

Give each child a bear to decorate and draw their own pajamas. Let them cut out their bear and encourage them to write a story or act out an adventure their bear goes on before bedtime.



