



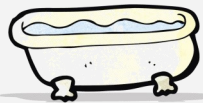
Transition Activity

Mice and children need lots of sleep!

Can your child get Mouse ready for bed?



Pretend to wash Mouse



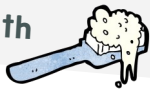
Have a wash or bath

Find something to wrap Mouse in for pyjamas



Get into their pyjamas by themselves

Pretend to brush Mouse's teeth



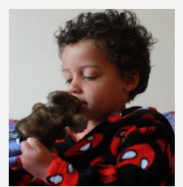
Brush their own teeth for about two minutes



Share a book with Mouse



Give Mouse a kiss

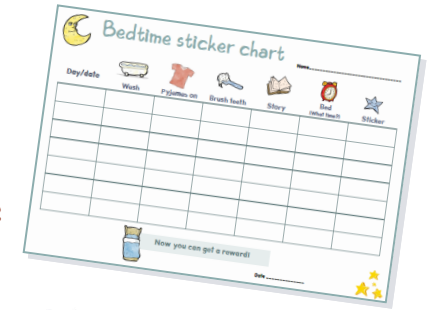


Go to sleep with Mouse!



Tick off what your child has done on the bedtime chart.

When they are in a good bedtime routine you could give them a little reward...



Make sure your child doesn't have any screen time for at least an hour before they go to bed.

The light from screens stops the brain relaxing and interferes with sleep!



How are you helping?

- Getting your child into good sleeping habits is vital for them to be able to learn at school
- Beginning to share books and stories will help them to do well at school
- Developing their skills (e.g. brushing teeth) will help them to be independent.



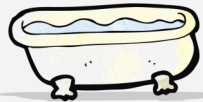
Transition Activity

Mice and children need lots of sleep!

Can your child get Mouse ready for bed?



Pretend to wash Mouse



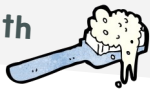
Have a wash or bath

Find something to wrap Mouse in for pyjamas



Get into their pyjamas by themselves

Pretend to brush Mouse's teeth



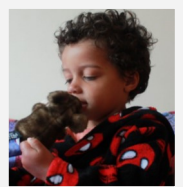
Brush their own teeth for about two minutes



Share a book with Mouse



Give Mouse a kiss

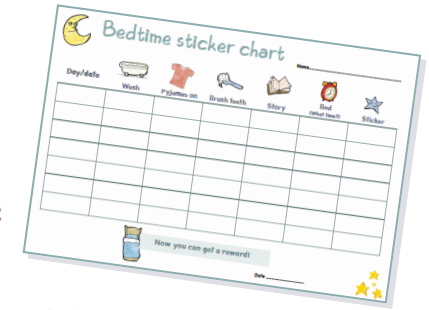


Go to sleep with Mouse!



Tick off what your child has done on the bedtime chart.

When they are in a good bedtime routine you could give them a little reward...



Make sure your child doesn't have any screen time for at least an hour before they go to bed.

The light from screens stops the brain relaxing and interferes with sleep!



How are you helping?

- Getting your child into good sleeping habits is vital for them to be able to learn at school
- Beginning to share books and stories will help them to do well at school
- Developing their skills (e.g. brushing teeth) will help them to be independent.