



Saying Goodnight

Handout C33

Other self-care skills I can help my toddler learn using pretend play:

- _____
- _____
- _____

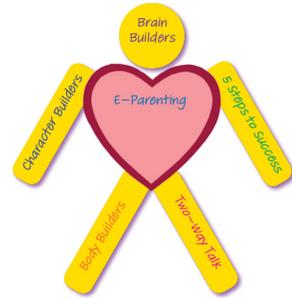


Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Which skills or concepts I want my child to learn:

- _____
- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Find a doll or stuffed animal as well as items that you use during your child's bedtime routine and show these things to your toddler.
3. Encourage your child to pretend they're helping the doll/stuffed animal get ready for bed by using the steps in their own bedtime routine.
4. Help your toddler remember their routine by asking them questions like: **What do we do every night after we brush our teeth?** or **How do I usually tuck you in at night?**