

The
Early Years Count
Literacy
Connection



**Sleep Tight, Polar
Bear**

Written and illustrated by
Sabina Gibson

Infant/Toddler edition

Overview of Book

All the baby animals in this arctic scene are heading off to sweet dreams or a night together with their loved ones. The gentle rhymes and soft illustrations are a perfect way to help baby wind down and cuddle up.

Genre: Board book

Vocabulary

Books are a rich source of words new to children. Here are some from *Sleep Tight, Polar Bear* to introduce in your classroom:

Fox kits	Seal pups
Hares	Owl
Narwhale	Prey
Ribbons (of light)	

Each time you read the book, highlight 2 or 3 words.

Use age-appropriate definitions and/or refer to the illustrations to help children understand each word's meaning.

Use the new words throughout the day, reminding children, "That's a word from our story!"

**Connecting with
HighScope Curriculum**

COR Advantage 1.5
Social and Emotional
Development
Item E
(Building relationships with adults)

Science and
Technology
Item DD
(Natural and physical world)

Language, Literacy
and Communication
Item N
(Phonological awareness)

Reading Tips

This book works well as a one-on-one read aloud before rest. It invites a lap and a soft tone. Talk about how each of the animals gets ready for a time to rest or move into the nighttime activities. Name the animals and their babies.

Each animal prepares for nighttime in unique ways. Talk with the baby about the steps to settling down for rest. Emphasize the rhymes and notice those out loud, 'those words rhyme, can you hear the sounds at the end?'

Three readings are recommended to familiarize children with the story. During each reading the adult can introduce new vocabulary words, pose open-ended questions, and engage children in activities that make the story "come alive."

Throughout the Routine

Refer to the book throughout the day and use new vocabulary words in meaningful ways. Active engagement with the story helps the content come alive.

Before moving into rest, read the story with a baby or with a few babies. Talk about the rest time routines and what you do at school.

For Group Time with Materials if you have arctic animals bring those out and invite the children to play with them as you show them the illustrations from the book.

For Music and Movement Group time, put on some gentle music and invite babies to move or sway or even use ribbons like the ribbons of light in the story.

Around the Room

Highlight the book's content and build on the children's excitement in a variety of locations.

Put out arctic animals or any other pairs of animals. Talk about how the 'grown ups' help the little ones fall asleep.

Place paintings or pictures of winter scenes, especially any of the northern lights. Talk about the scenes and what the winter weather feels like as the babies cuddle up for sleep and for warmth.

Open-ended Questions

Reading with infants is all about relationship, connection, and words.

Use a gentle voice and tone to lull babies into quiet. Let babies experience the drawings on each page and point out how closely they snuggle and gather together.

Draw babies in to the story with your comments, questions, and pauses.

Infants may not be able to answer questions yet, but they will quickly appreciate the 'back and forths' with books.

*For more information on how to use books and stories with children to enhance your curriculum, contact **The Family Connection:***

website—
www.famconn.org

Facebook—
@famconnsjc

phone—
574-237-9740

@ Home

Since many children in our county will have this book at home, use it to further the home-school connection. In your daily contact—in person or by text, email or other notes home—encourage families to share *Sleep Tight, Polar Bear* with their children. Here's a sample message you can send:

Sleep Tight, Polar Bear is a lovely and gentle way to help your baby settle and get ready for rest. Take your time on each page and share the words and illustrations. Many of these animal names may be new so take some time to explore those. In each one the 'grown ups' help the little ones get ready for rest so talk about how you help your baby do just the same. Emphasize the rhymes as you say them to help build your baby's awareness of sounds in language.