How to Tuck In your Sleepy Lion
Fun things to do!

- A bedtime routine is a great way to settle your child ready for sleep. Take a look at Jo Frost’s guide to getting your newborn, baby and toddler to sleep with a simple bedtime routine for children.

- Have fun singing “Wash your dirty hands, feet, face....” whilst you’re in the bath. Follow the link for the “Sticky Kids” CD song the bath and let them practice cleaning their teeth.

- You could make a bed for your child’s Dolly, Teddy, Dinosaur.... out of an empty box and use a flannel or a tea towel for a blanket. Don’t forget to read a bedtime story to your toy...

- Sing a gentle calming lullaby to your child to help them drift off to sleep.

Wash Your Dirty Hands
Wash your dirty hands,
Wash your dirty hands,
Rub and scrub and rub and scrub and
Wash your dirty hands.

Tired little lion doesn’t want to go to bed. He’s had a bath and cleaned his teeth and wants to play instead...
A board book about bedtime featuring a lovely little lion.
Discover the big moments and daily routines of every toddler’s life, with lovable animal characters and a playful, rhyming text.