

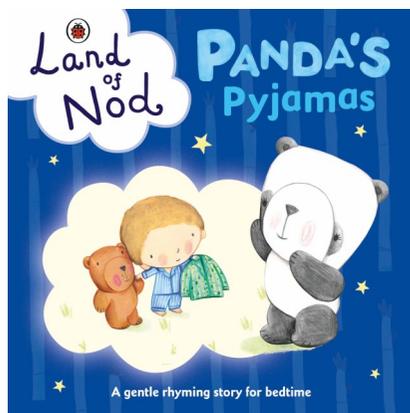


## IMAGINATION LIBRARY

North Lincolnshire is working in partnership  
with the Dollywood Foundation



Group 2  
Children born in 2019



Follow a boy as he and his teddy go on an imaginative journey, where poor Panda can't go to bed as she needs some pyjamas. Can they help her so Panda can go to sleep? An appealing book with a simple rhyming story, specially designed for sharing with children at bedtime as part of a soothing night-time routine.

**Bedtime Routines:** Did you know that a regular nightly bedtime routine is associated with improved sleep in young children? We think there's nothing better than snuggling up and sharing a soothing bedtime story to send them off to the land of nod. Visit the BookTrust for top tips for settling little ones, from 0-48 months.

[www.booktrust.org.uk/books-and-reading/tips-and-advice/bath-book-bed/how-to-get-your-little-one-to-sleep/](http://www.booktrust.org.uk/books-and-reading/tips-and-advice/bath-book-bed/how-to-get-your-little-one-to-sleep/)



### Hush Little Baby

Enjoy this classic nursery rhyme with a modern twist! [www.bbc.co.uk/cbeebies/radio/hush-little-baby](http://www.bbc.co.uk/cbeebies/radio/hush-little-baby)

## Panda's Pyjamas Fun things to do!



### Box Bed

Children love to role play. Make a bed for a favourite toy from a box or basket. Read the toy a bedtime story, sing them a bedtime song, tuck them in and say goodnight!

### Look after your babies teeth

**You can start brushing your baby's teeth as soon as they start to come through.** Don't worry if you don't manage to brush much at first. The important thing is to get your baby used to brushing their teeth as part of their daily routine. For more brushing tips visit: [www.nhs.uk/conditions/pregnancy-and-baby/looking-after-your-infants-teeth/](http://www.nhs.uk/conditions/pregnancy-and-baby/looking-after-your-infants-teeth/)



**Talking Tip—**Reduce the time your child uses their dummy after 6 months of age, particularly in the daytime, to allow them to develop speech sounds. Here is information on dummies and bottles from Northern Lincolnshire and Goole NHS Foundation Trust:

[www.nlg.nhs.uk/content/uploads/2018/05/IFP-1022.pdf](http://www.nlg.nhs.uk/content/uploads/2018/05/IFP-1022.pdf)



**Making ten minutes a day to share books with your child will make a huge difference to their development**  
[www.northlincs.gov.uk/imagination-library](http://www.northlincs.gov.uk/imagination-library)

**North Lincolnshire Council**

[www.northlincs.gov.uk](http://www.northlincs.gov.uk)