

Written by Michal Janssen
Illustrations by Sabine Wisman

SLEEP CHAT 4+

PART ONE

A BEDTIME DIARY



How to use SleepChat 4+

- On the left-hand page, go through the day together (**Let's talk about your day**).
- Play, draw, dance or act a little crazy using the game on the right-hand page.
- Have a nice chat (**Let's chat**).
- Tuck your child in (**Sleepy time**).

Note down the date and the day of the week.













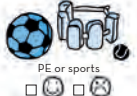



















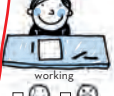


















The left-hand page is the same every day. Allow your child to tell you about his day using the pictures. There are two ways of doing that.

1. Go through all of the pictures. Have your child tell you about the situation and tick one of the smiley faces.
2. Get your child to choose one picture, or point out a picture that you would like to talk about. Just discuss that one situation and have your child tick one smiley face.

Your child can tick a box to indicate how he was feeling: good (happy) or not so good (angry, sad, scared).

Let's talk about your day

date _____ day _____

 playing outside <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	 playing inside <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	 celebrating <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 
 PE or sports <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	<div style="border: 2px dashed red; height: 100px; width: 100%;"></div>	 arts & crafts <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 
 TV or video games <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 		 playing music or dancing <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 
 playing together <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	 working <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	 teacher <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 
 eating and drinking <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	 reading <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 

You can make notes here. Something funny that your child has said, something you've agreed to do or something you want to remember.

Trust fall

- 1 One person stands behind the other. You stand at the front with your back to mummy or daddy.
- 2 Mummy or daddy will take one step back.
- 3 Hold your arms out of the sides.
- 4 Stay straight and... let yourself fall backwards. Mummy or daddy will catch you!

PLEASE
NOTE!
FALL
BACKWARDS
NOT
FORWARDS



LET'S CHAT

How scared were you of falling backwards? Quite scared, a little scared or not at all scared?

Did you (really) fall down today?

SLEEPY TIME

Do this one more time. Mummy or daddy will catch you and carry you to your bed.

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The right-hand page is different every day. This example shows you a quick game you can play together.

Below each game you will find one or two questions to keep chatting.

Maybe there's a situation that we haven't provided pictures for, such as a trip to the shop, a day trip or a visit from grandma and/or grandad. Draw or write it in this space, chat about it and pick a smiley.

A calm final activity that always takes place in the bed: a mini massage, a hug or saying goodnight to each other.

What the pictures mean

Each left-hand page has the following twelve images on it to represent situations that may happen at school or at home. Your child can use these to tell you about their day.

BEFORE you use the book:

- Look at each picture and let your child tell you what he or she sees.
 - Explain what the pictures represent.
- 'Playing outside' could also include: going down the slide in the playground around the corner, or playing tag in the school playground.

WHILE you use the book:

You can use the questions below each picture to help your child tell you about his or her day.



- How did you feel?
(happy, angry, scared, sad)
- Did you laugh? • Did you cry?
- Did anyone else cry?
- Would you like to do this again?
- What did you like best?
- What was the worst part?
- Show me what you thought by using your face (make a happy or angry face).
- Show me what you thought by using your thumbs (thumbs up or thumbs down).



PLAYING OUTSIDE

- Where did you play outside?
- Who did you play with?
- What did you play with?



PLAYING INSIDE

- Who did you play with?
- What did you play with?
- What room did you play in?



CELEBRATING

- What were you celebrating?
- Did you sing? • What song did you sing?
- Was there a surprise/treat/present?



PE OR SPORTS

- Was it inside or outside? • Did you learn or do something new? • What can you do really well? • And what would you like to practise some more? • Who was the teacher/coach?



ARTS AND CRAFTS

- What did you make? • What did you use to make it? (Paper, paint, beads, etc.)
- Have you finished it? • Who will you give it to when you've finished it?



PLAYING MUSIC OR DANCING

- Did you make music yourself or did you listen to music? • Was the music quiet or loud? • Fast or slow? • Beautiful or horrible? • Did you dance?
- Did you make up a dance or copy someone else's dance? • What did the dance look like?



WORKING

- Did you do work at school?
- What did you have to do?
- Did you have to do it all by yourself or did you have help? • Did you do a job at home? • Who did you help?



READING

- What book did you read?
- Who did you read the book with?
- Do you remember who the story was about?



TV OR VIDEOGAMES

- TV: What did you watch?
- Video games: What game did you play?
- Were you alone or with someone else?



PLAYING TOGETHER

- Who did you play with? • What did you do?
- Did ... take something away from you?
- Did you take something away from ... ?
- What made you laugh?



TEACHER

- Who was your teacher today?
- Did the teacher make any jokes?
- Was the teacher grumpy?
- Did the teacher give you a compliment?
- What did you tell the teacher?



EATING AND DRINKING

- Do you remember who you sat next to at lunchtime? • What did you eat? • What did you enjoy? • What did you do while you were eating or drinking? (Had a chat, watched something, listened to something, laughed.)

Let's talk about your day

date _____ * _____ day



playing outside

😊 ☹️



playing inside

😊 ☹️



celebrating

😊 ☹️



PE or sports

😊 ☹️



arts & crafts

😊 ☹️



TV or video games

😊 ☹️



playing music or dancing

😊 ☹️



playing together

😊 ☹️



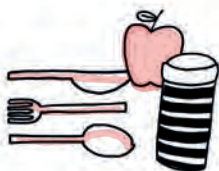
working

😊 ☹️



teacher

😊 ☹️



eating and drinking

😊 ☹️



reading

😊 ☹️

.....
 😊 ☹️

Zoo

Copy these animals.



LET'S CHAT

What zoo animal would you like to talk to?
What would you ask the animal?

SLEEPY TIME

Go to bed like an elephant.

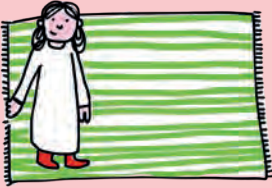
- Crawl into your bed and stay on your hands and feet.
- Lower onto your elbows.
- Lower your bottom onto your heels.
- Roll over!

Mummy or daddy will tuck you in.

Roll around

On top of the duvet

- 1 Get onto your bed and on top of the covers.
- 2 Mummy or daddy will hold onto the duvet and count down. 3, 2, 1...
Mummy/daddy: Give the duvet a good tug, so your child rolls off it.



In the duvet

- 1 Lay your duvet on the floor.
- 2 Lie down across the end of the duvet.
- 3 Mummy or daddy will roll you up into the duvet.



LET'S CHAT

Have you ever rolled out of bed?

SLEEPY TIME

Lie down in your bed. Mummy or daddy will tuck you in. Nothing can stick out from under the covers! We only want to see your head.

Fun in the shower or bath

Are you in bed already?
Go to the next page and save
this one for another day!

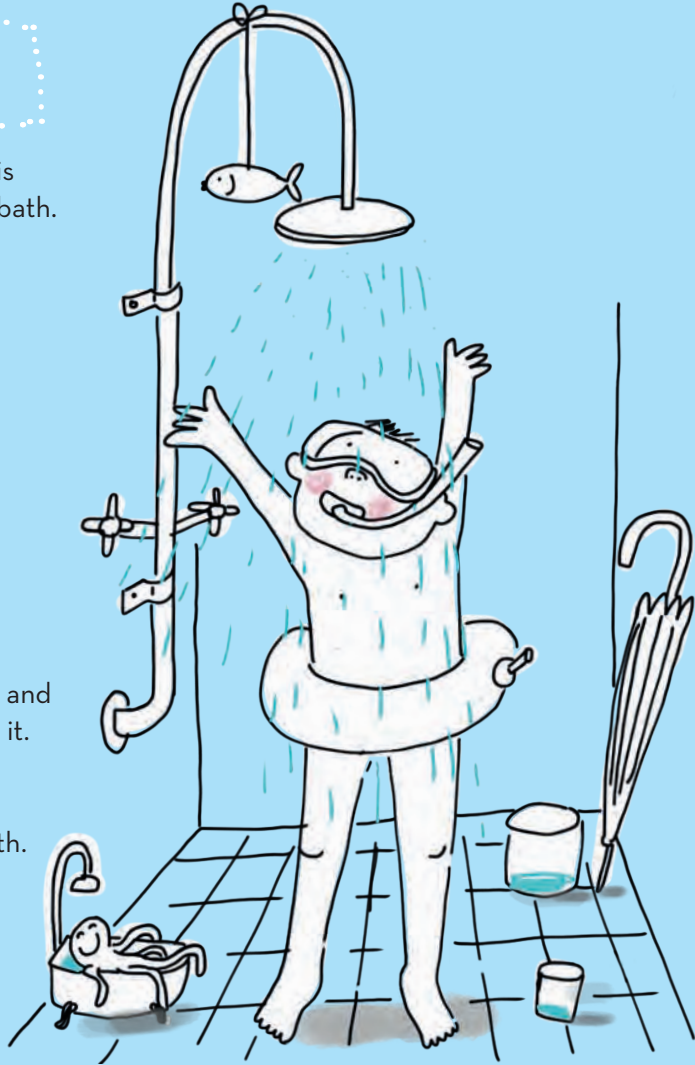
Choose a task. Carry out this task in the shower or in the bath.

Shower

- Get into the shower with an umbrella.
- Get into the shower with swimming goggles.
- Get into the shower and put down two bowls. See which bowl fills up with water first.

Bath

- Put a sweet into the bath and dive into the water to get it.
- Have a flower bath: pick flowers from your garden and place them in the bath.
- What word are you not supposed to say? Put your head into the water and shout out that word.



LET'S CHAT

Do you prefer to have a shower or bath by yourself or with someone else?

Would you like to have a bath full of orange squash? How about a bath full of Smarties?

SLEEPY TIME

MINI-MASSAGE

Lie down on your tummy. Feel the water from the shower running over your back.

Mummy/daddy: Tap your child's back with your fingers.

Guess what I'm doing?

1 Mummy or daddy chooses a picture, without telling you which picture they've chosen. Mummy or daddy will do act out the picture.



WAVING

Who did you wave at today?
.....

2 Guess which picture it is.

3 Answer the question.



DANCING

Have you danced today?

yes no



CUDDLING

Who do you like to cuddle?
.....
.....
.....



CRYING

Have you cried today?

yes no



FIGHTING

Have you fought today?

yes no



SLEEPING

Who do you think is asleep already?
.....

LET'S CHAT

Have you laughed today?
What did that sound like?
What made you laugh?

SLEEPY TIME

Lie down in your bed.
How are you most comfortable?
- Try lying on your stomach.
- Then on your back.
- And on your side.
What is the most comfortable position?
Lie down like that. Night night!