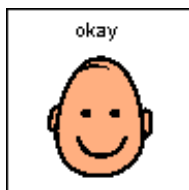


.....'s story about
going to bed.



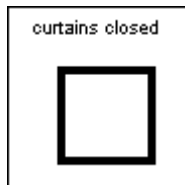
Going to bed is important.
Everybody needs lots of sleep to be
ok.



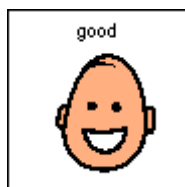
At bedtime usually goes to the bedroom with mummy.



Mummy closes the curtains in my bedroom. will try to keep the curtains closed until Mummy or Daddy open them in the morning.



This is a clever thing to do.

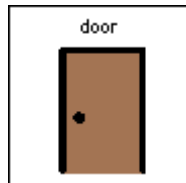


..... gets into bed and usually
Mummy reads a story.



When story finishes I say "finish",
"night, night", "see you in the
morning".

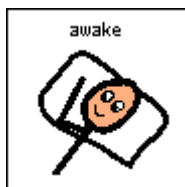
Mummy then shuts the bedroom
door and goes downstairs.



Usually when people go to bed they fall asleep and wake up in the morning.



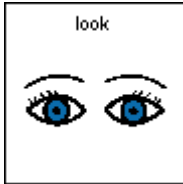
Sometimes wakes up in the night.



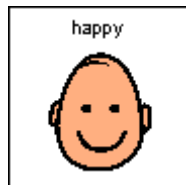
..... will try to stay in the bedroom.



..... can look at my books in the bedroom and then go to sleep.



This is a good thing to do and it makes mummy and daddy feel very happy.



At about 6.30am mummy or daddy will come into the bedroom and say "morning". It is time to come get up and come out of the bedroom .