

# Preschool Pages

*Book Recommendations, Early Literacy Tips, and More  
from the Deerfield Public Library Youth Services Department*

## Book Recommendations



As a girl falls asleep, her grown-up tells her all the things that will be done at night to prepare for the morning: polishing the sun, combing the grass, and more. This book has lovely rhymes, but the real magic is in the illustrations! Materials such as embroidery thread and yarn help make the story pop off the page.



"Play with me!" a child yells at the moon. Then, a star is let down, and the child is pulled up into the sky! They meet Little Rabbit, along with other animals who just can't sleep either. This sweet tale of friendship will bring comfort to any kid who feels alone and scared at night when trying to fall asleep.



This book features poetic rhyming couplets highlighted by exquisite watercolor illustrations. Adult animals are getting their babies ready for bed in two-page spreads that show a variety of landscapes. Your little one will be ready to nod off by the end as well.



Animals (imaginary, real, and stuffed) star in this familiar tale of an adorable little one who's not quite ready to go to bed! The child growls like a bear, hisses like a snake, and clings like a koala... ultimately climbing into Mommy and Daddy's bed to fall asleep. Colorful, bold illustrations pair perfectly with Grimes's humorous text.

## Did You Know?

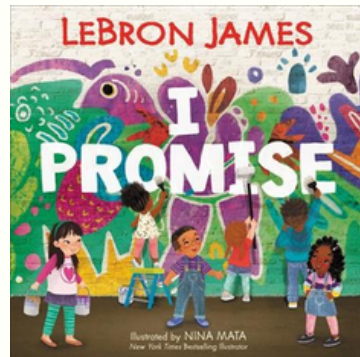
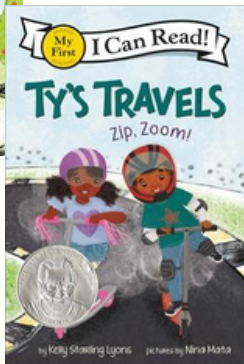
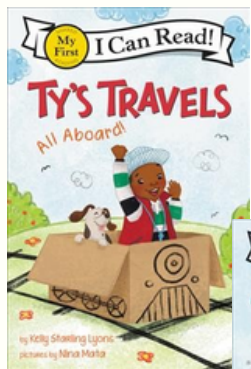
Jennie Yabroff wrote a Perspective essay in *The Washington Post* which addressed the age-old issue of getting kids to sleep. The article quoted Yale School of Medicine Assistant Professor of Pediatrics Sabhyata Agrawal, who is also a pediatric sleep specialist: "We know that kids who have bedtime routines that do not involve electronics, and instead involve more calming activities, like reading, are able to sleep faster." Reading before bed also helps children with word consolidation (how new words become part of our vocabulary). Agrawal recommended books that balance engagement and calm.



# Author/Illustrator Spotlight

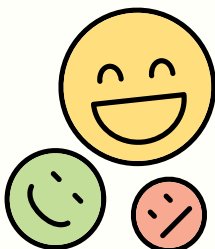
## NINA MATA

Sometimes an author or illustrator has so many great titles, we wish we could name them all! This month, we want to highlight the work of Nina Mata. Her illustrations grace the popular and award-winning *Ty's Travels* early reader series, as well as picture books by LeBron James and Raffi!



## Early Literacy Tips

Reading books together is a great time to talk about emotions! During a story, ask your child questions like: what does the character feel right now? Why do you think that is? What do you think they should do next if they feel that way? Talking together about emotions helps kids understand their own emotions, as well how others feel.



Did you know that pretend play can strengthen social-emotional skills in your child? Putting themselves in the role of someone else, whether that's a grown-up, a magical creature, or a favorite character, helps a child develop empathy and gives them a different perspective to consider. Pretend play also encourages cooperation and requires decision making (when deciding upon roles, for example).