

It's time for bed



I've said goodnight to Mom



I've said goodnight to Dad



Time for me to be in bed and rest my body and my brain.



Sometimes I fall asleep right
away!



Sometimes it takes me a while
to fall asleep. I stay in bed and
I'm quiet.



Sometimes I wake up in the
night. I stay in bed and I'm
quiet.



Mom and Dad and Milo love me SO MUCH! And we all need to sleep.



Sometimes I hear baby during
the night. I stay in bed and I
am quiet. Mom and Dad care
for him, just like they care for
me.



When I stay quietly in bed, I
wake up feeling good!

