

Bedtime! SENSORY KIT

This sensory kit contains books and materials to be used at home with your family. You can use the ideas listed below for guidance on how to use these items.

- *Sensory Kits are available for checkout for 21 days and cannot be renewed.*
- *Please return this kit to the circulation desk and not in a book drop.*
- *Please report any missing or broken materials to a library staff member.*



After using the kit at home, please complete a brief survey about your family's experience. ►



Portable Sound Machine (with charging cable)

- Pick one of the sounds and use it to signal bedtime or naptime. Use it consistently as part of the sleep routine.
- Take the sound machine with you on the stroller to allow for ease of naps on the go.



Guided Breathing Light (with charging cable)

- Choose your child's favorite color and practice deep breathing before sleep time to calm and relax.
- Hold and rock your child guided by the light to soothe.
- Turn the light on during lullaby or reading time. Then when the light is turned off, it's a signal for the start of sleep time.



Day & Night Routine Chart

- Review tasks and give your child the chance to flip up the tab when that task is complete - make it a game!
- For more difficult tasks, challenge them to practice the task until they can do it independently.
- Use these tasks as a starting point. What other things are part of your routine that can be tracked?

continued ►



Visual Timer

- Use a timer for daily routines or tasks to give a visual countdown to reduce anxiety and improve focus.
- Talk with your child about the concept of time and how much time it might take to complete a task. Use the timer to measure.
- Timers encourage more independent completion of tasks without constant reminders from grownups.



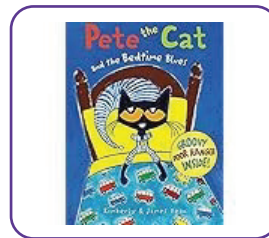
Liquid Bubble Timer

- A bubble timer's calming effects can help reduce anxiety and give children time to relax.
- Use as a teaching tool for patience. The gradual movement of the bubbles provides a visual cue for passing time.
- When having to switch tasks, use the bubble timer as a countdown for switching from one thing to the next.



Calm-Down Toys

- These toys provide quiet sensory stimulation during calm-down times (naps, bedtime, etc.)
- Have your child pick a favorite shape or color and let them play with the toy during reading or quiet time.
- Play a game of shape and color recognition and talk about the different textures.



Pete the Cat & the Bedtime Blues by Kimberly & James Dean

- Talk about the emotion of having the "blues" and ask your child to talk about when they have the "blues."
- Pick a book that your child enjoys and make reading that same book part of your bedtime routine.
- Talk about what Pete the Cat might do when he wakes up the next day. What will your child have to look forward to in the morning when they wake up?



A Book of Sleep by Il Sung Na

- Talk about the different animals in the story and how their sleep habits differ from human habits.
- Explore more animals and how they sleep. Talk about the vocabulary words "nocturnal" and "diurnal."
- Take a walk outside at night and listen and look for animals that might be awake at night.



Bedtime by Elizabeth Verdick

- Make getting ready for bed a routine. Think about all the things that happen to get ready for bed and do them in a predictable order.
- What would make bedtime a more enjoyable time together? Think about things you can add to the routine to provide comfort and calm.



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Questions? Visit [LFPL.org/SensoryKit](https://www.lfpl.org/SensoryKit) or call (502) 574-1620.