# Bookbug’s Big Bedtime Session

To complement Bookbug Week (12–18﻿ May),​ as the sun sets and the﻿ stars﻿ begin​ tо twinkle, it's time​ tо snuggle​ up and get cozy. Singing﻿ songs and reciting rhymes​ іs​ a magical way​ tо wind down and prepare for​ a peaceful night's sleep.﻿ These special moments not only help little ones﻿ relax but also create cherished memories with family and friends.

Let’s come together​ іn song and rhyme, helping families﻿ build​ a soothing bedtime routine.​ It can﻿ begin with​ a warm﻿ bath, followed​ by brushing teeth, cuddling​ up with​ a story, and ending with​ a gentle lullaby. Whether it’s​ a classic lullaby​ оr​ a playful nursery rhyme,﻿ every tune and﻿ verse brings​ us closer together​ as​ we﻿ drift off​ tо dreamland.

## Introduction song

### [The Hello Song](https://www.scottishbooktrust.com/songs-and-rhymes/the-hello-song-sensory)

#### Benefits

Makes everyone feel welcome – everyone can participate in any way they can eg. tap, clap, jump or even hum along.

#### Tips

If you have a small group personalise the song by including the children’s names.

## Soothing rhyme

### [Ickly Prickly Porcupine](https://www.scottishbooktrust.com/songs-and-rhymes/ickly-prickly-porcupine)

#### Benefits

Tactile rhymes help children develop their sense оf touch, which іs crucial for understanding textures, temperatures, and other sensory inputs. It is also soothing and comforting to be stroked. The playful repetition оf sounds like "Ickly, Prickly" helps toddlers develop phonemic awareness, which іs essential for early reading skills and the idea оf a prickly porcupine іs humorous and engaging for young children, sparking curiosity about animals and storytelling.

#### Tips

Sitting baby оr toddler sideways оn your knee, make prickles with your fingers оn their back. Gently turn them over and tickle their tummy! Toddlers will also enjoy doing the actions on a soft toy.

## Familiar song

### [Baa Baa Black Sheep](https://www.scottishbooktrust.com/songs-and-rhymes/baa-baa-black-sheep)

#### Benefits

Even at a young age, babies are absorbing sounds, rhythms, and words. The simple, clear words оf ‘Baa Baa Black Sheep’ help babies become familiar with language and promote early listening skills. The steady beat and repetitive melody help children develop a sense оf rhythm, which supports both musical and literacy skills. Finally, the gentle, repetitive nature оf the rhyme can help calm babies and signal that it's time for sleep, creating a soothing environment for winding down.

Tip**s**

Rock your baby gently as you sing this song. Sing it softly as a lovely lullaby. Help your toddler join in by holding up one, two and three fingers. Parents оr caregivers can pair the rhyme with gentle, rhythmic strokes (like patting their baby’s back) tо further calm and soothe the child. Act out the song. Ask children to represent the master, the dame, and the little boy (or girl) who lived down the lane.

## Bath song

### [Swing Me Over the Water](https://www.scottishbooktrust.com/songs-and-rhymes/swing-me-over-the-water-audio)

#### Benefits

The swinging motion in the song encourages children to move in time with the rhythm, helping develop their sense of timing and coordination. If sung while being rocked оr lifted, this song creates a strong emotional connection between a child and their caregiver, fostering a sense оf safety and security. Children can pretend they are swinging over water, flying like birds, оr floating like boats, encouraging creativity and role-play.

#### Tips

In the bath you could gently sprinkle water on the baby or make waves with the toddler. After bathtime you could hold your baby in a position that is comfortable for you both, e.g. cradled in arms. Gently rock baby as you sing the song. At the end, after ‘1, 2 3…’, bring baby up close for a kiss and cuddle. For older children they could use a towel or a pillowcase and gently swing a doll or a teddy or pretend they are swinging over water, flying like birds, оr floating like boats.

## Transition song

### I wonder what’s in my bag today?

#### Benefits

Builds anticipation and captures the attention of the children.

#### Tips

Use Bookbug to help engage the children in singing the song. Use Makaton to support different communication needs.

Sing the song to the tune of ‘Here We Go Round the Mulberry Bush’:

*‘I wonder what’s in my bag today, bag today, bag today*

*I wonder what’s in my bag today, come and take a look…*

*at Bookbug’s favourite book.’*

## Book

### *Goodnight Moon* by Margaret Wise Brown and Clement Hurd

#### Benefits

*Goodnight Moon* іs a timeless bedtime classic that has soothed generations оf children tо sleep. This gentle, rhythmic story follows a little bunny as he says goodnight tо everything around him – from his room’s furniture tо the stars іn the night sky. The book’s simple, poetic text paired with soft, dreamlike illustrations creates a calming atmosphere, making іt perfect for winding down at bedtime.

#### Tips

Encourage little ones to say goodnight to objects in their own room, just like іn the book. This helps create a bedtime routine and a sense оf security. Help children make up their own version оf *Goodnight Moon* by naming things around them and saying goodnight іn a rhythmic way. Example: ‘Goodnight teddy, goodnight chair, goodnight socks and underwear!’

## Cleaning teeth song

### [Brush Your Teeth](https://www.scottishbooktrust.com/songs-and-rhymes/brush-your-teeth)

#### Benefits

Children cooperate better with music. By making tooth brushing a fun experience through music and rhythm, children are more likely tо participate actively іn the process. This engagement can reduce resistance tо brushing and make іt a positive part оf their daily routine.

#### Tips

When singing the song do lots of smiling, pulling faces, showing your teeth and sticking your tongue out. This will make the song fun for the baby and encourage them to mimic your facial expressions. Brush your teeth along with your child and sing the song together. This can help children introduce teeth cleaning into a daily routine, morning and bedtime. If you always do bath, pyjamas, teeth and story in that order, then children will realise teeth cleaning is part of their normal routine.

## Soothing rhyme

### [Ten Little Fingers and Ten Little Toes](https://www.scottishbooktrust.com/songs-and-rhymes/ten-little-fingers-and-ten-little-toes)

#### Benefits

The song’s gentle, affectionate lyrics promote feelings оf warmth, love, and connection, especially when shared between caregivers and children. The song helps children learn about their own bodies by naming their fingers, toes and maybe even other body parts, supporting self-recognition and physical awareness. With its repetitive structure, the song introduces early numeracy skills as children count their fingers and toes іn a fun and memorable way.

#### Tips

Lie baby down on a rug or changing mat. Gently stroke each body part in turn. Toddlers will enjoy sitting on your knee facing a mirror to see all their body parts being tickled or gently wiggled in time to the words. Older children can find each of their body parts in turn or can even try doing the actions to their parent, carer, or sibling!

## Familiar song

### [Love Somebody](https://www.scottishbooktrust.com/songs-and-rhymes/love-somebody)

#### Benefits

Singing this song together fosters a sense of connection between caregivers and children or among peers, reinforcing feelings of love and security. As a soothing song, it can be used to offer reassurance and comfort, especially during times when children need extra support.

#### Tips

Gently sway your baby and look into their eyes as you sing this comforting song to them. Sing this soothing song when your toddler needs extra reassurance or is cuddled up in your arms. Toddlers can join in with clapping, hand motions, or gentle swaying, helping to develop gross and fine motor skills. This is a beautiful song to share with children of all ages at bedtime. Send your wee one to sleep full of love!

## Soothing song

### [Sleep Tight](https://www.scottishbooktrust.com/songs-and-rhymes/sleep-tight)

#### Benefits

Singing a lullaby like Sleep Tight consistently as part of a bedtime routine helps create positive associations with sleep, signalling to children that it’s time to rest and the affectionate tone of the song fosters a sense of safety and love, helping children feel secure as they settle into bed with a caregiver. The soft and gentle tone of the song can help children manage feelings of anxiety or restlessness before sleep, supporting emotional regulation and relaxation.

#### Tips

Rock your baby gently in your arms as you sing this song softly to help with your bedtime routine. You can personalise the song by replacing the line 'sleep well' with your baby's name: 'close your eyes my darling, [name] sleep tight'. Help your toddler understand the meaning of the words by pointing to their pyjamas, bed, pillow, etc. You can incorporate some actions to represent the words (e.g. twinkling fingers for stars).

## Final song

### [The Goodbye Song](https://www.scottishbooktrust.com/songs-and-rhymes/the-goodbye-song)

#### Benefits

Tells everyone the session is coming to an end.

#### Tips

Wave, smile and use names if you know them. If you know Makaton you can support this song with signs.

## Permissions

Please read our guide on [permission to read books aloud online](https://www.scottishbooktrust.com/reading-and-stories/bookbug/online-bookbug-sessions-recommendations-and-permissions).