

God made the sun for days  
and stars for night.





Goodbye, busy day.  
Hello, quiet night.



Nighttime is here.  
The day is turning dark.  
Hello, sparkly stars!





Uri tells her friends,  
“Sleep tight tonight!”



Hal stacked lots of rocks today!  
His eyes are sleepy.




Sleep tight tonight, Hal.




Uri is tired, too. It's time to sleep.  
Sleep tight tonight, Uri.



A large, glowing yellow moon is the central focus, set against a dark blue night sky. The moon has several smaller, lighter yellow spots on its surface. The sky is dotted with small white stars and a few larger, light blue stars. Below the moon, a dark blue landscape is visible, featuring silhouettes of mountains, a single tree, and some bushes in the foreground. The overall scene is peaceful and serene.

Goodbye, busy day.  
Hello, quiet night.





Dear God,  
Thank you for the day,  
and thank you for friends.  
Thank you for the moon  
and stars.

Thank you for flowers and sun.  
Thank you for warm,  
soft beds and yummy food.  
Thank you for playful days  
and sleepy nights.  
Amen.



**FOR PARENTS**



# **HELPING YOUR CHILD TAKE FIRST STEPS IN FAITH**

*On my bed I remember you; I think of you  
through the watches of the night.*

*Psalm 63:6*

## **YOUR DEVELOPING CHILD**

By the age of two, most children will spend forty percent of their childhood asleep. Sleep is extremely important for their mental and physical development. Following a bedtime routine will help your child drift off to sleep more easily. That's because the repetitive nature of your actions sends signals to your child's brain that it's time to sleep. Reading bedtime stories, taking a bath, singing a song, cuddling, rocking, or any number of soothing activities can provide your child with a smooth entrance to dreamland.

## **MAKING FAITH CONNECTIONS**

Bedtime is a wonderful time to nurture your child's relationship with God. Reading a Bible story or a faith-based book can help your child unwind and give them something positive to think about as they drift off to sleep. Praying together can help them process their emotions and give concerns to God.

## **TRY THIS**

Say this bedtime prayer together by inviting your child to repeat each line after you. Invite your child to add more thanksgivings or requests for God in their own words.

*Dear God,*

*Thank you for the day,  
and thank you for friends.  
Thank you for the moon and stars.*

*Thank you for flowers and sun.  
Thank you for warm, soft beds, and yummy food.  
Thank you for playful days and sleepy nights.*

*Amen.*

