



SLEEP TIGHT with The Very Hungry Caterpillar

By: Eric Carle



Reading with your child is an excellent way to expose your child to words, topics, and ideas that are more complex than what they would see in books they can read on their own. To help make story time more interactive consider using the PEER method described below. Read more about the PEER method [here](#).

PEER

PROMPT

Prompt your child with a question. This will help your child engage more deeply with the book.

Example: Point to an object in the picture. "What is that?"

EVALUATE

Evaluate your child's response by agreeing or clarifying.

Example: "That's right! That's a balloon."

EXPAND

Expand on your child's response by connecting it to something they have experienced or by being more descriptive.

Example: "That's a big, red balloon! We saw one of those yesterday."

REPEAT

Repeat the prompt you started with and encourage your child to use what you've discussed to answer again.

Example: "Can you say big, red balloon?"

Activities

- » **During Reading:** Allow your child to flip the flaps in the book to see the animals. Count the number of animals under each flap.
- » **Bedtime Relaxation:** Help calm your child before bedtime by doing some relaxation stretches together. Relate the stretches you are doing to different animals. For example say, "stretch your neck to the sky like a giraffe."
- » **Calming Sensory Playdough:** Help your child calm down before bedtime by playing with this [calming sensory playdough](#).
- » **Learn More:** Read other books that share where and how other animals sleep like "If I Were a Kangaroo" by Mylisa Larsen and Anna Raff.

