



# Bedtime story books

## Children aged 2-6

### About Me

Hi! I'm Alexandra, a member of the Class of 2024 at the University of British Columbia's Island Medical Program. I'm passionate about children's health and literacy. As a child, I had a whole zoo of stuffed animals, and I loved to read Holly Hobbie's *Toot & Puddle* series and the *Franklin the Turtle* books by Brenda Clark and Paulette Bourgeois.



### Sleep and Bedtime

Reading is an evidenced-based strategy to help create a healthy bedtime routine for children.

Below is a selection of bedtime stories in a variety of styles. Use this list as a starting point to find a new favourite nighttime book to share with your child.

### Bedtime Books

- *Arlo: The lion who couldn't sleep* by Catherine Rayner
- *Bear Can't Sleep* by Karma Wilson and Jane Chapman (illustrations)
- *Go to Sleep, Little Creep* by David Quinn and Ashley Spires (illustrations)
- *How Do You Go to Sleep?* by Kate McMullan and Sydney Hanson (illustrations)
- *The Bedtime Book* by Todd Parr
- *Kiss Good Night* by Amy Hest and Anita Jeram (illustrations)
- *Night-Night, Forest Friends* by Annie Bach
- *Good Night, Sleep Tight!* by Claire Freedman and Rory Tyger (illustrations)
- *Good Night Yoga: A Pose-by-Pose Bedtime Story* by Mariam Gates and Sara Jane Hinder (illustrations)
- *Can't You Sleep, Little Bear?* by Martin Waddell and Barbara Firth (illustrations)



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# More bedtime story books for children aged 2-6

## About Me

Hi! I'm Alexandra, a member of the Class of 2024 at the University of British Columbia's Island Medical Program. As a child, I had a whole zoo of stuffed animals, and I loved to read. Some of my favourite stories were Holly Hobbie's *Toot & Puddle* series and the *Franklin the Turtle* books by Brenda Clark and Paulette Bourgeois. I'm passionate about children's health and literacy and have written a report on sleep, emotional regulation, and anxiety in children. My research helped me to choose the books below.



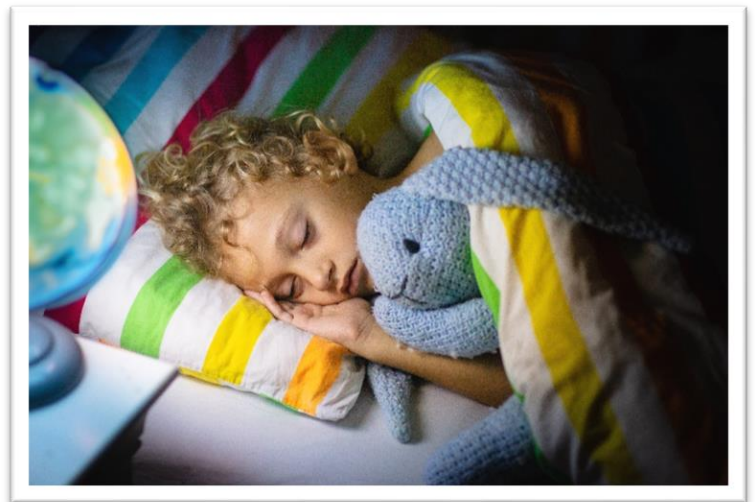
## About the List

I made a previous list of bedtime books that you can find [here](#). After creating it, I found so many other wonderful bedtime stories that I wanted to make a second list! Many thanks to the Greater Victoria Public Library (<https://gvpl.ca/>), from which I borrowed these and dozens of other sleep books. Did this list help you find a new favourite story? You can reach us at [info@thereadingbear.ca](mailto:info@thereadingbear.ca) with comments and suggestions!

For information about sleep and ideas to help your child sleep, take a look at the [RBS pamphlet on sleep tips](#).

## Bedtime Books

- *Sleepy Places* by Judy Hindley and Tor Freeman (illustrations)
- *Goodnight, Little Dancer* by Jennifer Adams and Alea Marley (illustrations)
- *What Will You Dream of Tonight?* by Frances Stickley and Anuska Allepuz
- *Now that Night is Near* by Astrid Lindgren and Marit Tornqvist (illustrations)
- *Good Night, Sam* by Marie-Lousie Gay
- *Is It Bedtime, Wibbly Pig?* by Mick Inkpen
- *Bedtime Ballet* by Kallie George and Shanda McCloskey (illustrations)
- *Ten, Nine, Eight* by Molly Bang
- *Goodnight Moon* by Margaret Wise Brown and Clement Hurd (illustrations)
- *A Bedtime for Bear* by Bonny Becker and Kady MacDonald Denton (illustrations)
- *Goodnight, World* by Andrea Lynn Beck
- *Goodnight Bob* by Ann and John Hassett



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