

# Goodnight, sleep tight

## Here's some stories about bedtime, dreams and bad dreams

**And if the Moon could talk** by Kate Banks

It is night. Inside a house, a child is getting ready for bed. (E BAN)

**Shadow night** by Kay Choroa

Scary shapes on James's bedroom wall give him a fright. Is it a MONSTER? No, just shadows from the moonlight... (E CHO)

**Wake Up, Mr. B.!** by Penny Dale

Early riser Rosie brings her ever-patient dog, Mr. B., along on a crack-of-dawn adventure! (E DAL)

**How Sleep Found Tabitha** by Maggie de Vries

It's bedtime, but sleep will not come to Tabitha. The bed is cozy. The room is dark and quiet. Her favourite things surround her. She should be able to go to sleep, but something is missing. What could it be? (E DEV)

**Who's afraid of the dark?** by Christiane Duchesne (E DUC)

**Tell Me something Happy before I go to sleep** by Joyce Dunbar

What do you do when your little bunny is afraid of bad dreams and just can't get to sleep?  
Think of something happy with Willa and her big brother, Willoughby! (E DUN)

**If I were the moon** by Sheree Fitch

If I were the moon, I'd shine down my light, right into your bedroom, to warm up the night. (E FIT)

**Time for bed** by Mem Fox

As darkness falls parents get their children ready to sleep. (E FOX)

**Shhh!** By Sally Grindley

SHHH! You are about to enter a giant's castle. Will you get through without waking the giant?  
Do you dare try? (E GRI)

**Owen** by Kevin Henkes

Owen's parents try to get him to give up his favourite blanket before he starts school, but when efforts fail, they come up with a solution that makes everyone happy. (E HEN)

**Scare yourself to sleep** by Rose Impey (E IMP)

**Jeremiah and Mrs Ming** by Sharon Jennings (E JEN)

**Rose by Night** by Mireille Levert

Before I go to bed at night, I have a magic drink - A glass of milk with rosewater and lots of other things... (E LEV)

**There's an alligator under my bed and There's a nightmare in my closet**

by Mercer Mayer (E MAY)

**Counting sheep** by Barbara McGee

Edward's Grandma once told him that she counted sheep to fall asleep... (E MCG)

**The kiss that missed** by David Melling

The Little Prince's goodnight kiss is missing. It's escaped into the forest where it has no business to be. So the brave and fearless knight is sent on a mission to bring it back... but is the knight brave and fearless enough? (E MEL)

**50 below zero** by Robert Munsch

Jason must find a way to stop his father from sleepwalking then snoozing in the most unusual places.

(E MUN)

**Mortimer** by Robert Munsch (E MUN)

**A quiet night in** by Jill Murphy

It is Mr. Large's birthday, and the plan is for the elephant children to go to bed early so the partens can have a quiet adult celebration... (E MUR)

**Night-Time** by Eileen Pettigrew

Michael like to have his bedroom door open at night, he's not afraid or the dark, but... (E PET)

**Benjamin and the pillow saga** by Stéphane Poulin (E POU)

**Night Fun** by Patricia Quinlan

Inspired by the timeless nursery rhyme "Hey, Diddle, Diddle", Night Fun describes the night time adventures of Kevin and the familiar character Fiddle, Dish, Spoon, Cat, Dog and Cow. Soaring away into the world of the original poem, they play and fly among the stars until the sun comes up and Kevin's day is about to begin. (E QUI)

**10 minutes till Bedtime** by Peggy Rathmann

It's the 10-Minutes Bedtime Tour, and by the time it's over, you'll be ready for bed too. (E RAT)

**Little Bunny's sleepless night** by Carol Roth

Little Bunny, an only child, is so lonely that he cannot sleep, so he asks his friends Squirrel, Skunk, Porcupine, Bear, and Owl if he can stay with them, only to discover that his own bed is best. (E ROT)

**Sleep is for everyone** by Paul Showers

Explains the importance of sleep and what happens to our brain and bodies during slumber. (E SHO)

**When Mama comes home tonight** by Eileen Spinelli

This soothing, rhythmic book celebrates the precious rituals a mother and child perform together as they wind down to bedtime. (E SPI)

**Who is sleeping in Aunty's bed?** by Kathy Stinson

Visiting Aunty means sleeping in strange beds, for Aunty, Mom and the kids are constantly changing places in the night. (E STI)

**Good Night, Good Knight** by Shelley Moore Thomas

The Good Knight finds three little dragons. They can't sleep. Who will read to them? Who will tuck them in? Who will kiss them goodnight? Is this a job for the Good Knight? (E THO)

**Frog is frightened** by Max Velthuis

The warm humour of this fifth story featuring the endearing Frog will help every child overcome the fear of noises in the night. (E VEL)

**Ira sleeps over** by Bernard Waber

The story of a little boy who worried about spending the night at a friend's house without his teddy bear. (E WAB)

**Who do you love?** By Martin Waddell

It's time for Holly to go to bed - but not before she and Mama play their favourite go-to-bed game. "Who do you love?" Mama asks, and Holly recalls the names of those dear to her and what makes each of them special. (E WAD)

**Can't you sleep, Little Bear** by Martin Waddell

When bedtime comes Little Bear is afraid of the dark, until Big Bear brings him light and love.

(E WAD)

**The napping house** by Audrey Wood

A cumulative tale; a wakeful flea atop a number of sleeping creatures causes a commotion, with just a bite. (E WOO)

**Ten out of bed** by Penny Dale

A young child and 9 stuffed animals fall asleep, one by one, after playing a series of games. ( E+ 12345)

**Franklin's blanket** by Paulette Bourgeois

Franklin's favourite blanket is missing. He searches everywhere because he can't sleep without it.

(E+ Franklin)

**Franklin in the dark** by Paulette Bourgeois

A turtle afraid of small dark places, and therefore of crawling into his shell, ask a variety of animals for advice, only to find out that each has a fear of its own.

(E+ Franklin)

## You might find answers to many of their questions in those books

**Why do we need sleep?** by Isaac Asimov (J612.821 A832w)

**Sleep and dreams** by Martine Beck (J612.821 B393s)

**Night-night: settle-down activities for easy bedtimes** by Cynthia MacGregor

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