B is for Bedtime
Teacher Notes

Written by Margaret Hamilton
Illustrated by Anna Pignataro

This timeless before-bed classic is a soothing meander towards the end of an evening. Beautifully told in gentle rhythmic verse, it leads us through a charming A to Z bedtime routine.

B is for Bedtime is Margaret Hamilton's first picture book, and its endearing characters are brought to life by award-winning Anna Pignataro's adorable illustrations.
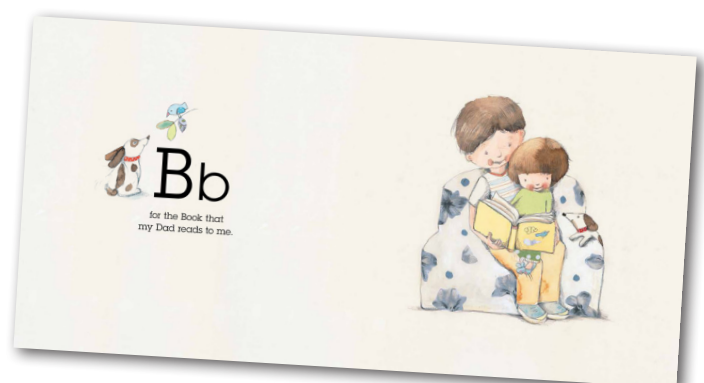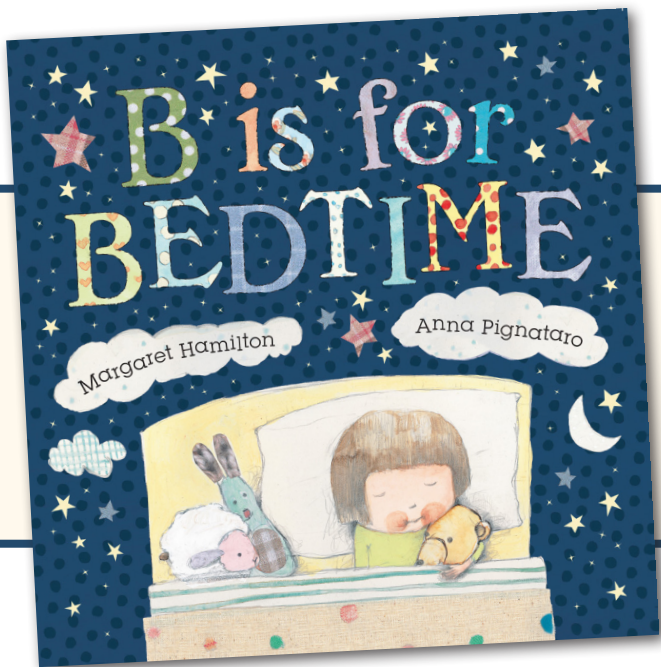
Synopsis

Follow the routine of a little girl getting ready for **Bedtime** as she explains her routine from A to Z. Her night begins with feeling **Awake** from the tea she just had. Then, the **Book** her Dad reads to her and the **Clock** that ticks on the wall. It is a classic rhythmic tale that encapsulates the essence of how a young girl views her bedtime routine.

The beautiful illustrations really capture that bedtime routine of this child as she takes you through the things she observes and does before she goes to bed.

Themes

- Bed
- Alphabet
- Routine
- Everyday mundane objects
- Home
- Serenity

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Before you read the book

Show the front cover to the children. Ask if they have any soft toys they like to have in bed with them at night.

Read the back cover blurb out loud. Ask your class if they have a bedtime routine. Is there something they must do before they go to bed?

Questions and Activities

- Ask your class to write down their bedtime routine - without the A to Z aspect.

- Compare the class's routine to that of the little girl in the book. How many similarities are there?

- Then ask them to create an A–Z routine of things they do before bed.

- Ask them to list (in order) their favourite things they like doing in the evening. Eg. Reading, getting read to by their parents, cuddling their pet/toys or even brushing their teeth.

- Ask the class to create a few rhyming sentencing about their routine.