



Sleeping in my own bed

- Sleeping in my own bed means that I sleep all night without getting out of my bed.
- Sleep is super important for me and also for everybody else. I get the best sleep when I stay in my own bed.
- Sometimes I might want to go and sleep with my mummy and daddy in their bed. If I do I might stop mummy and daddy getting a good night's sleep. If I get out of my bed mummy and daddy might also be cross with me.
- If I stay in my own bed mummy and daddy will be pleased with me. If I need a cuddle I have my bedtime toys. I can be brave and show my mummy and daddy that I am stay in my bed all night.
- Staying in my own bed means everyone sleeps better. I can try to be brave and stay in my own bed all night.

