

♪ All little Nuts need
to go up to bed. ♪

Mama (Mamma) Nut



Do your little nuts want to sing and howl at the moon instead of going to sleep?

Big Mama Nut from *The Nuts: Bedtime at the Nut House* has some ideas for how to get your little ones to bed.

WIND DOWN: Keep the hour before bedtime nice and calm for your Little Nut and your bedtime instructions simple and consistent — just like Mama Nut!

BATH TIME: A warm bath will help your Little Nut feel sleepy, and playing with bath toys and talking about their day with Mama and Papa Nut will help them relax.

PAJAMA PARTY: Little Nuts have big opinions, so let them choose between two pairs of their favorite comfy pj's.

HAVE A SNACK: Little Nuts can get hungry between dinnertime and breakfast, so feed them a snack that is low in sugar, like half a piece of toast with cheese, before bed.

BRUSH THOSE TEETH: Keep your Little Nut's pearly whites nice and shiny (and bacteria-free!) with colorful toothbrushes and games like counting each tooth as you brush.

STORY TIME: Let your Little Nut choose two or three storybooks from five that you've narrowed down, then snuggle together and read. Stories with bedtime themes are especially fun!

SING A LULLABY: Sing or play your Little Nut's favorite soft music. Might we suggest downloading the free song and lullaby at TheNutFamily.com?

NUTTY FRIENDS AND NIGHTLIGHTS: A favorite doll or teddy bear will be comforting for your Little Nut when you've left the room. If they're scared of the dark, turn on their nightlight or leave the door open a crack so they can see a light in the hall.

NIGHT-NIGHT KISSES: Tuck in your Little Nut and give them a good-night hug and kiss. Tell them you love them and that they'll always be your sweet Little Nut, and that you'll see them in the morning.

Hazel Nut



Wally Nut



Join the Nut family — Mama, Papa, Hazel, and Wally — for a NUTTY bedtime tug of war in *THE NUTS: BEDTIME AT THE NUTHOUSE*, a read and sing-along story from bestselling author Eric Litwin (*Pete the Cat: I Love My White Shoes!*).

**Download
the FREE Song & Lullaby
at TheNutFamily.com!**

papa (Oakley) Nut

