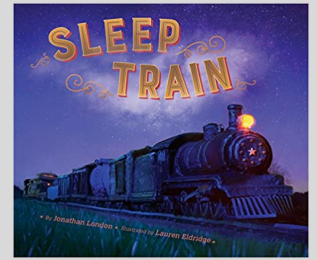




Sleep Train

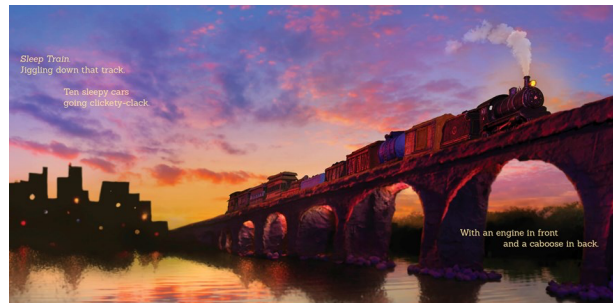
by Jonathan London



Reading with your child is an excellent way to expose your child to words, topics, and ideas that are more complex than what they would see in books they can read on their own.

Conversations will help increase your child's oral language skills and build their vocabulary. C.A.R. is a conversation starter that you can use with your child any time.

Below is an example of how to use C.A.R. with the book, *SLEEP TRAIN*.



C.A.R.	Example
C Comment and Wait (count to 5) <i>*Make a comment about what you see on the page.</i>	Adult: I see ten train cars. Where do you think they are going? Child: I think they are driving to town.
A Ask questions and Wait (count to 5) <i>*Ask questions that do not have a "yes/no" or one-word answer to them.</i>	Adult: Why do you think the train is sleepy? Child: It's almost bedtime!
R Respond by adding a little more to the child's response.	Adult: That's right. The sun is setting and soon it will be nighttime.

Activities

- » **Bedtime Breathing:** Try a calming, breathing exercise with your child before bed. Ask them to pretend they are blowing out candles on their birthday cake, one at a time, holding their breath while making a wish for each candle and then gently blowing it out.
- » **Imagination Station:** Ask your child to imagine what they would do if they took a train ride. Where would they go? What would they want to be in their train car? Who would they want to take the train ride with them?



C.A.R. is taken from the *Language is the Key Curriculum* written by Washington Learning Systems