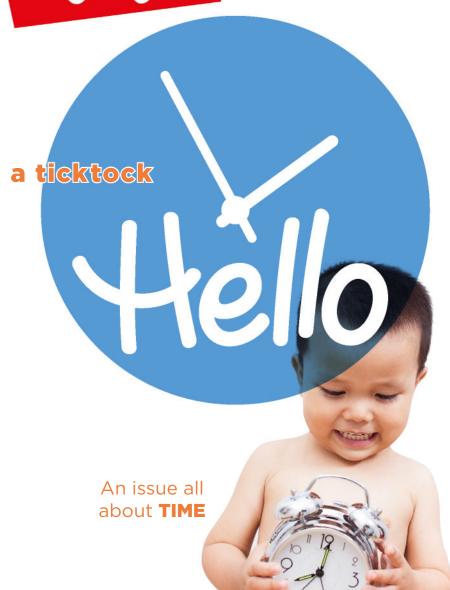
Highlights



Night and



Now rest your eyes, Now rest your head. It's time to go to bed. Even a baby who still needs nighttime feedings can begin to sense that night (when it's dark) is quiet time and day (when it's light) is for livelier interactions. For toddlers, a regular bedtime will help reinforce this healthy pattern.





The sun is up,
The moon's away.
It's time to start our day!



BY JAN FIELDS

Tick, Tick,

The cookies are hot.
"How long do we wait?"
"The timer will tell us."

tick, tick, tick.



PHOTOS: BABY BY ISTOCK/PEOPLEIMAGES, COOKIES BY ISTOCK/
JULIA_SUDNITSKAYA, TIMER BY ISTOCK/MADCIRCLES, KITTEN BY
ISTOCK/GABES1976, BOOK BY ISTOCK/KYOSHINO





Milli reads a book.



tick, tick, tick.



Milli plays with kitty.



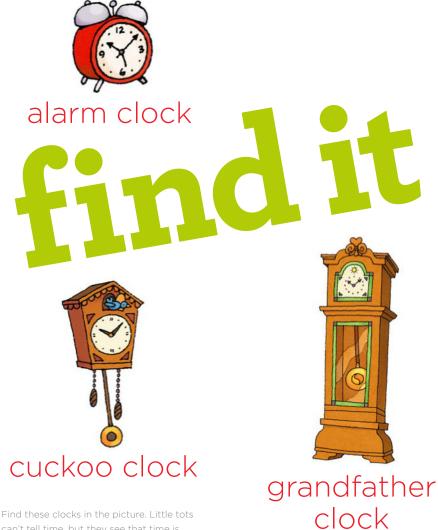
Milli acting silly.





A timer can be magic! Start with a minute or less. Your baby will soon learn that *ding* means "waiting is over." Use a timer to help two toddlers take turns with a toy they both want.





can't tell time, but they see that time is important to adults. Whatever clocks look like, they all tell time.



Waiting

Grandma and Papa will be here soon!
Is that Grandma and Papa's car?
No! That's the **mail truck**!





Is that Grandma and Papa's car? No! That's the **recycling truck**!

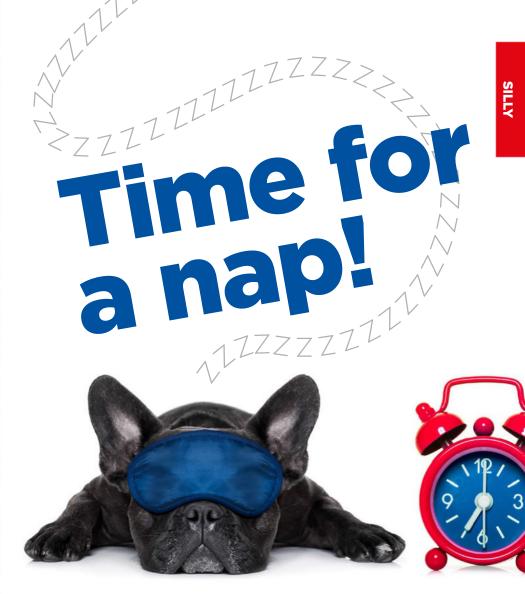
Is that Grandma and Papa's car? No! That's **our neighbor's car**.



Waiting is easier when you and your child fill time together. Name passing vehicles. Tell a short "when you were a baby" story. Listen for sounds around you. Be surprised when time is up! Is that Grandma and Papa's car? Yes! Here they are!

Waiting is over and it's time to play.







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