



Night, Light, Sleep Tight!

Hints and tips for sharing this book with a child

Here are some ideas for ways to make sharing this book even more fun!



Jack the duck can't sleep.

Have you ever had trouble getting to sleep?
What helped you get to sleep?



Jack makes a new friend.

What kind of bird is Olivia?
Name some of the things that make Jack and Olivia very different.
Do you have any friends who are very different to you?



Olivia is afraid of the daylight.

Why do you think an owl might be frightened of the sun?
Can you think of anything that you find scary?
Why is it scary?



One day, Jack and Olivia will both be able to fly.

Name some of the things that you will be able to do when you are bigger.



Now that Olivia has shown Jack that the night-time isn't scary, he is ready to go to sleep.

Can you think of a time when you have helped someone or been a good friend? What happened?