

Skill-Building Book Tips

7 Essential Life Skills

Explore the beloved children's classic *Goodnight Moon* in a way that highlights Focus and Self Control, a Life Skill that promotes Executive Functions. Children need this skill to achieve their **goals**, especially in a world that's filled with distractions and information overload. It involves **paying attention**, **remembering the rules**, **thinking flexibly** and **exercising self control**.

Tip

As you read each page of *Goodnight Moon*, point to the objects named in the story (the red balloon, two little kittens) and ask your child to point after you.

Skill

When you invite her to find the objects, you're helping her learn to **pay close attention** to the details in the pictures, which calls on **Executive Function** skills. The back-and-forth interaction you have with her while reading is what researchers call "**Take-Turns Talk**." Like a game of ball, one of you says or does something and the other responds. The importance of these everyday interactions to brain building is a key finding from child development research.

Tip

Goodnight Moon offers a tiny mouse on all of the pages with color pictures. See if your child can find and point to the mouse. If not, point the mouse out to her.

Skill

Your child will have to pay attention to find the mouse; she'll also have to use the skill of self-control to select the mouse in the midst of everything else that's happening in the picture.

Tip

Once your child has heard *Goodnight Moon* a number of times, stop before words that rhyme. Can your child remember that after "Goodnight, kittens" is "Goodnight, mittens?" You can help your child remember by pointing to the relevant pictures.

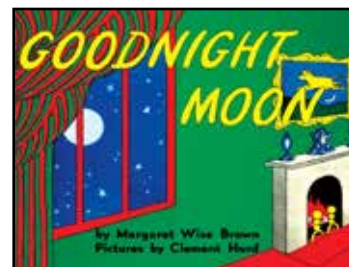
Skill

When you play the rhyming and remembering game, you're not only helping her learn to **listen carefully to the sound of words**, you're also promoting her working memory, an important aspect of Focus and Self Control.

Goodnight Moon

By Margaret Wise Brown

In this classic bedtime story, a rabbit says goodnight to everything in the room. The mesmerizing cadence of the rhymes and the clever details in every picture form a reassuring and calming end of the day tradition for children and adults alike.



These tips sheets were developed by *Mind in the Making*, in collaboration with First Book. Find more books and materials on the First Book Marketplace, a resource available exclusively to educators and programs serving children in need. **Visit: www.fbmarketplace.org.**