



**Canadian Parents for French - CPF** has partnered with LEARN to offer your child this French Goodnight Bag. It is a bedtime routine kit for children aged 3 to 5 and their families, to help with their transition to school when they will be introduced to French, most likely for the first time.

### Our goals:

#### SUPPORT PARENTS

Support English-speaking parents considering enrolling their child(ren) in French second language learning programs in Kindergarten or Grade 1. Provide tools and information to introduce French into their regular family activities and a healthy lifestyle.

#### SUPPORT EARLY LITERACY

Support early childhood learning by developing language and literacy skills that support student success. Reinforce the learning link between home and school by providing age-appropriate books and resources in both official languages.

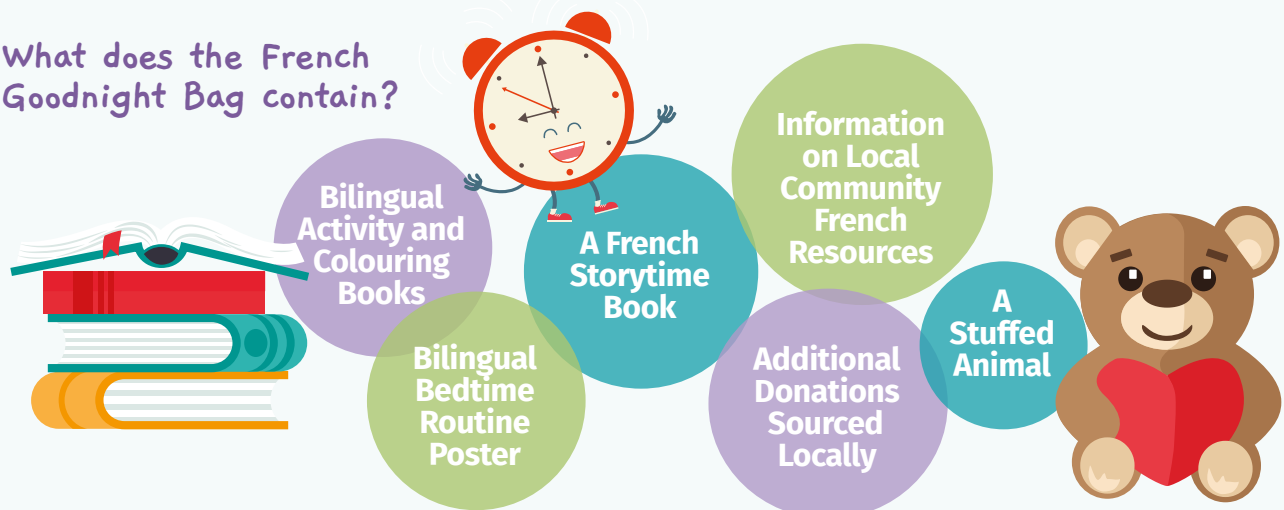
### Why is a healthy bedtime routine important?

- Sleep is very important to a child's health and well-being.
- It is common for young children to have some sleep problems and resist going to bed.
- Routines are comforting as much to the child as for their parent(s).
- Children who do not get enough sleep may have trouble functioning during the day.
- Uninterrupted sleep is important for children's learning and growth.
- Establishing a regular sleep pattern and consistent bedtime routine helps children focus, learn and grow throughout the day.
- Routines started at home help children follow classroom routines later.

### Why is introducing French at home helpful for children's transition to school?

By incorporating French into family activities, parents demonstrate that learning new things is fun and can be shared as a family. Having an open attitude and practicing is all that is required for being successful in learning French.

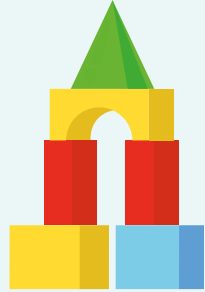
### What does the French Goodnight Bag contain?



**AIDE À LA MÉMOIRE DU VOCABULAIRE FRANÇAIS - BONNE NUIT**  
**PARENT FRENCH 'GOOD NIGHT' VOCABULARY MEMORY AID**



**Un sac**  
a bag



**Un jeu**  
a game



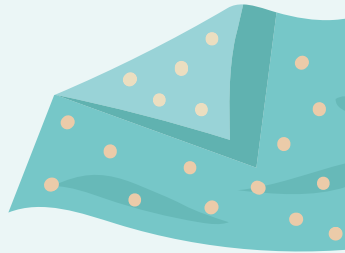
**Un toutou**  
a teddy



**Un livre**  
a book



**Un lit**  
a bed



**Un doudou**  
a child's blanket



**Mets-toi sous les couvertures**  
get under the covers



**Un animal en peluche**  
a stuffed animal



**Une salle de bain**  
a bathroom

**Fais un calin,  
une caresse**  
give a hug,  
cuddle



**Dormir -  
dors maintenant**  
to sleep, sleep now



**Une histoire** / a story  
**Une chanson** / a song  
**Une berceuse** / a lullaby  
**Une comptine** / a rhyme  
**C'est l'heure** / It's time.

**Temps de sommeil** / sleep time  
**Fais de beaux rêves** / sweet dreams  
**Je m'endors, tu t'endors.** /  
 I'm falling asleep, you are falling asleep.  
**On éteint!** / Lights out!



**CANADIAN  
PARENTS  
FOR FRENCH**

[cpf.ca](http://cpf.ca)

[learnquebec.ca](http://learnquebec.ca)

