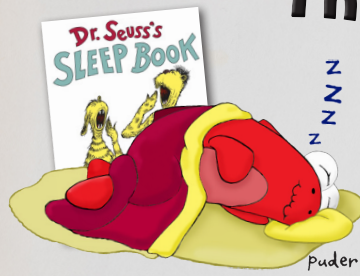


# The Magic of Bedtime Reading!



"In this modern world where activity is stressed almost to the point of mania, quietness as a childhood need is too often overlooked. Yet a child's need for quietness is the same today as it has always been--it may even be greater. In quiet times and sleepy times a child can dwell in thoughts of his own, and in songs and stories of his own."


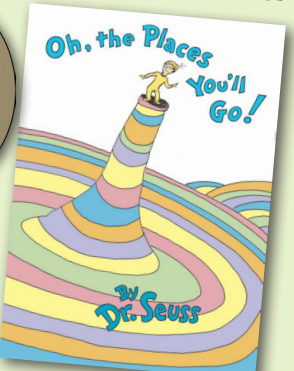
**Margaret Wise Brown**

Bedtime reading with my daughters when they were little was truly magical. Children need a regular bedtime and quiet reading with you. Children also behave better when they get enough sleep. And we promise parents it will touch your heart too!

I'm lucky to have nine partners to practice pediatrics with me. They have all dedicated their careers to the study and treatment of sick children. But I realized I had never asked them what bedtime stories were their favorites when they read to their own children. So they've each picked one special book and favorite quote. We are happy to share these special memories with parents of our little patients.


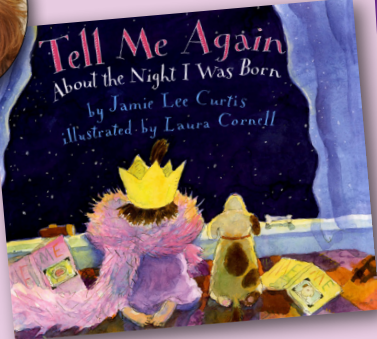
**Dr. Puder**

**Dr. G. Rockower**


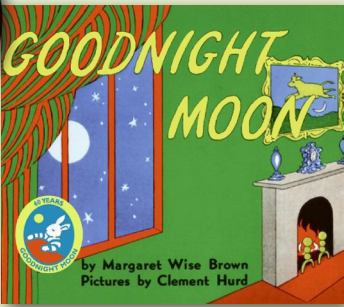
**Oh, the Places You'll Go!**  
"There is fun to be done!  
There are points to be scored.  
There are games to be won."  
**Dr. Seuss**

**Dr. M. D'Angelo**



**Tell Me Again About the Night I Was Born**  
"Life will never be the same because there had never been anyone like you...ever in the world."  
**Jamie Lee Curtis**

**Dr. J. Karasik**


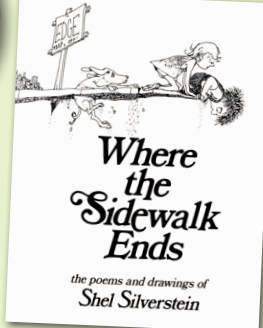
**Goodnight Moon!**  
"Goodnight moon, goodnight stars,  
goodnight air, goodnight noises  
everywhere. Goodnight nobody,  
Goodnight mush..."  
**Margaret Wise Brown**

**K. Donovan, NP**


**Mama, Do You Love Me?**  
"Mama, do you love me? I'll love you until the umiak flies into the darkness, till the stars turn to fish in the sky, and the puffin howls at the moon."  
**Barbara Jooisse**

**Dr. E. Siegal**


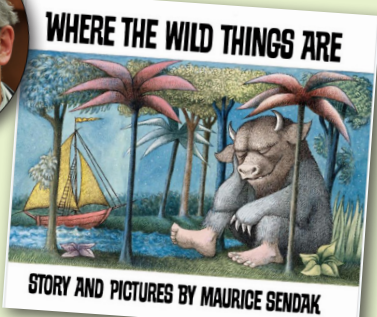
**Where the Sidewalk Ends**  
"I have a hangnail, and my heart is ...  
What? What's that? What's that you say?  
You say today is ...Saturday?  
G'bye, I'm going out to play!"  
**Shel Silverstein**

**Dr. E. Berg**


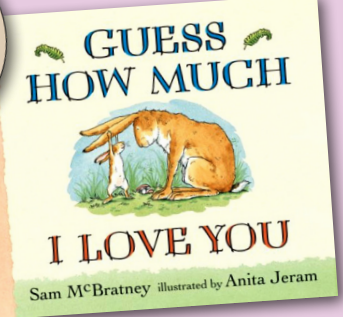
**Blue Hat, Green Hat**  
"BLUE HAT, GREEN HAT,  
RED HAT, OOPS."  
**Sandra Boynton**

**Dr. B. Quinn**


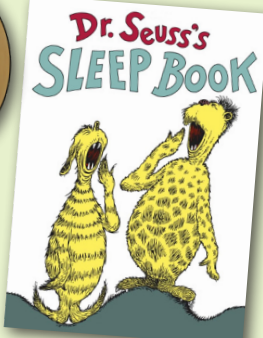
**Where The Wild Things Are**  
"Inside all of us is hope, inside all of us is fear, inside all of us is adventure, inside all of us is a wild thing!"  
**Maurice Sendak**

**Dr. E. Selber**


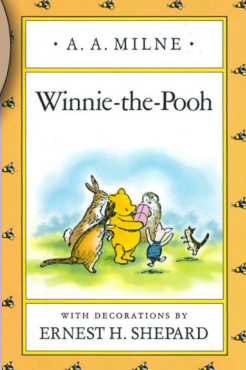
**Guess How Much I Love You**  
"I love you as high as I can reach," said Little Nutbrown Hare...  
And I love you all the way up to your toes," said Big Nutbrown Hare, swinging him up over his head."  
**Sam McBratney**

**Dr. D. Puder**

**Sleep Book**  
"The yawn of that one little bug is still spreading...And people are gradually starting to say, 'I feel rather drowsy. I've had quite a day.'"  
**Dr. Seuss**

**Dr. H. Hudson**

**Winnie the Pooh**  
"Any day spent with you is my Favorite Day. So, today is my new favorite day"  
**A.A. Milne**

We hope you find our Parentletter helpful and informative. Please keep in mind that receipt of this newsletter does not create a doctor/patient relationship and that it is not meant to serve as a substitute for professional medical advice. For particular pediatric medical concerns, including decisions about diagnoses, medications and other treatments, or if you have any questions after reading this newsletter, we encourage you to speak with your child's pediatrician.

(Estos libros están disponibles en español también)

**Clarkstown Parentletter** Douglas Puder, MD,FAAP, Editor, Illustrator  
Jeffrey Karasik, MD,FAAP Gregg Rockower, MD, FAAP, Erica Berg, MD,FAAP