

The Sounds Grew Quiet



مدارج

Shared reading · Birth to two



“It’s time to grow quiet,” said Dad.
He closed the book.



Our first step:
the book went back on the shelf.



He gathered the blocks.
Our second step:
the blocks went back in their box.



He switched off the bright light
and left a soft light on.



Our third step:
I sat in his arms.
No more clattering blocks.
No more turning pages.



“A quiet night,” Dad said softly.
He carried me to my safe sleep space.
The sounds grew quiet.

Read and talk together

An original fictional read-aloud. The full text is aimed around 18–24 months within the birth-to-two stage.

Choose three calm signals that suit your home, allowing for your child's needs. This is a family routine, not a sleep formula. Follow safe-sleep guidance appropriate to your child's age. Do not leave books, toys or loose bedding with a sleeping infant.