

# The Bear Who Couldn't Sleep.

The moon was full, there was a frost in the air and snowflakes were falling everywhere.

"The time has come", said daddy bear "for our winter sleep, so let's prepare!"



Mummy bear cooked some delicious food so that their bellies were full, and they all felt good.

"Time for your bath now", said mummy bear as she lifted him up from his highchair.

Baby bear splashed in the bath which made mummy daddy and baby all laugh!



He put on his pyjamas and crawled into bed, "have sweet dreams now" mummy said.

She stroked his head and turned off the light, saying "pull up your covers, don't let Jack Frost bite."



Baby bear snuggled in and closed his eyes.

But all he could hear was the owl and his cries.

"Mummy", he called "come back in here now, I just cannot get to sleep somehow."



Mummy bear said, "do not worry about that", she  
pulled up a chair and down she sat.

"I'll sing you a song, you just listen to me." So, she  
sang him a song about his bear family.



Baby bear drifted off to the sound of mum's song, but soon he awoke, it did not take long!

"Mummy", he called "come back in here now, I just cannot get to sleep somehow."



"What is wrong this time?" mummy sighs, "the light  
from the moon is in my eyes."

"I'll go over here and pull the curtains closed tight,  
and then you will know everything is just right."



Baby bear tried to close his eyes tight, he tried, and  
he tried with all his might.

His mouth was so dry, and he needed a drink, a big  
glass of milk was all he could think.

"Mummy", he called, "come back in here now, I just  
cannot get to sleep somehow."





"A drink of milk would help me I think", so mummy rinsed  
a glass at the sink.

She gave him the milk and he drank it all up, mummy  
patted his head and took away the cup.

The milk gurgled in his tummy as he lay down again, he  
would try one more time to sleep in this den.



It's not the lights or the sounds or even my tummy,  
what I need is a big kiss and a hug from my mummy.

"Mummy", he called "come back in here now, I just  
cannot get to sleep somehow."



Baby bear yawned one last time and said, "I know now  
what is missing.

Tonight, there has been no hugging or kissing!"  
He stretched out his arms to give her a hug, mum  
kissed him right back and wrapped him up snug.



So, before mum and dad had closed the door, baby bear was asleep, and they heard him snore.

"Asleep at last, oh what a night" they said.

"We must get ready ourselves for bed.

The moon is higher, and the snow is now deep, it is time for all bears to go to sleep."

