Sleepy Mommy, Noisy Boy

By Dr. Theresa Snell

Sleepy Mommy was very tired and ready to lie down and rest. She yawned and stretched and smiled at her little one. “Now Noisy Boy, Mommy is very tired and needs a rest. Do you want to lie down with me?”

“No thank you. I want to play.”

“Can you play very quietly for Mommy?

“I can!” replied Noisy Boy in a sweet, if very loud, voice.

Sleepy Mommy nuzzled Noisy Boy. “Thank you very much. I love you.”

Sleepy Mommy curled up on her bed and snuggled into her pillow. She let out a huge yawn and closed her eyes. And then she heard…a ruckus. Noisy Boy had knocked over a large tower of blocks. “Noisy Boy, Mommy is very tired and needs a rest. Do you want to lie down with me?”

“No thank you. I want to play.”

“Can you remember to be very quiet?

“I can!” replied Noisy Boy in an even sweeter, if still loud, voice.

Sleepy Mommy nuzzled Noisy Boy. “Thank you very much. I love you.”

Sleepy Mommy went back to her comfy bed and her soft pillow. She let out a huge yawn and closed her eyes. And then she heard…a ruckus. Noisy Boy was banging on his little piano. Taking a deep breath Sleepy Mommy looked sternly at Noisy Boy. “Noisy Boy, Mommy is very tired and needs a rest. Do you want to lie down with me?”

“No thank you. I want to play.”

“Can you promised me you’ll be very quiet?

“I can!” replied Noisy Boy in his sweetest, if still loud, voice yet.

“Thank you very much. I love you.”

Sleepy Mommy was now very very tired. She went back to her comfy bed and snuggled into her pillow. She let out a huge yawn and closed her eyes. And then she heard…a ruckus. Noisy Boy had found a toy harmonica and was blowing loud, off-key notes. Toot!
This time, however, Sleepy Mommy did not move.

Now this made Noisy Boy curious. He moved closer to the bed and made an even bigger ruckus. Toot! Still Sleepy Mommy did not move. Noisy Boy moved even closer. He made a HUGE RUCKUS! Toot! Toot! Still Sleepy Mommy did not move. Noisy Boy climbed on to the bed. He was nose to nose with Sleepy Mommy, waiting to see her open her eyes.

While he lay there waiting, Noisy Boy’s eyes grew heavy and began to droop. He let out a huge yawn. He snuggled into Sleepy Mommy’s pillow and closed his eyes. As soon as his breathing evened Sleepy Mommy opened her eyes and smiled. Noisy Boy was fast asleep and quiet as could be. She kissed him on the forehead and settled back into her comfy bed. She rested one hand on Noisy Boy and let the other drop to her belly. She let out a huge yawn and closed her eyes.

And then she felt…a ruckus. Noisy girl had woken within her and decided now was a perfect time to start kicking.