

itty-bitty art

Cuddle Buddies

After a long day of looking, learning, and growing, you and your baby are probably ready for a rest! While art can be colorful, loud, and exciting, the Carter's collection has its fair share of calming, relaxing, cuddly artworks. This resource contains restful photographs, lullabies, and activities to lull you into sweet slumber. Sleep tight!

Lullaby Baby

The baby in Laura Gilpin's photograph, *Navaho Madonna [Lilly Benally and Baby in Cradleboard]* looks calm and peaceful, snuggled tight in their cradleboard! What thoughts run through your mind as you put your infant to sleep? Do you sing lullabies with your baby? Songs can be powerful tools for relaxation, learning languages, and understanding cultural values and customs. Listen to Pauline M. Begay's album, [To All Our Precious Ones: Navajo Lullabies and Children Songs](#), for some relaxing bedtime bonding.

Cozy Blankets

The woman in Doris Ulmann's photograph [*Gray-haired woman with quilt*] rests comfortably in a chair, with her hands folded across a patterned quilt. The next time you curl up with your infant, explore the textiles around you. Trace quilt patterns with your fingers, rub soft fleece, and wiggle your fingers through the holes of a crochet pattern. Practice naming shapes and colors by looking at historical quilt patterns with the [Homestead National Monument of America!](#)

Sleepy Sounds

Have you heard the call of the [black-crowned night heron](#)? In their watercolor painting *Black-crowned Night Heron*, Scott and Stuart Gentling capture the grace of this brave bird as it prepares to fly into the night for a hunt. What does this painting sound like to you? What other sounds do you hear at night? As you start winding down for bed, take some time to listen to the cicadas, lawnmowers, birdsong, and airplanes in your neighborhood.

Bedtime Stories

Babies respond to singing and the sounds of regular and baby talk from adults, which we often call prosody, cadence, and rhythm. Reading or singing gentle, rhythmic stories can help your little one feel safe and secure as they go to sleep. Reading a book as part of the nightly routine will help your baby build speaking and reading skills as they grow.

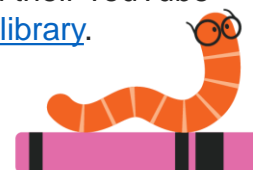
[The Night Is Deep and Wide](#) by Gillian Sze and Sue Todd

[Duermete, Bebe](#) by Alyssa Satin Capucilli, translated by Alexis Romay

[My Art Book of Sleep](#) by Shana Gozansky

[Sleepy Time / Vamos a la Cama](#) by Patricia Martin

The Fort Worth Public Library is building a community of learners, dreamers, and doers with the help of great collaborators across the City of Fort Worth. Visit their website, fortworthlibrary.org, and explore their uniquely creative and diverse programming for all ages on their YouTube channel at YouTube.com/fwlibrary.





Scott Gentling (1942–2011) and **Stuart Gentling** (1942–2006)
Black-crowned Night Heron, 1983
Graphite, opaque and transparent watercolor on paper

Amon Carter Museum of American Art, Fort Worth, Texas, Gift of the
Fort Worth Museum of Science and History, which acquired the work
through the support of the Leo Potishman Foundation
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2018.14



Laura Gilpin (1891–1979)
Navaho Madonna [Lilly Benally and Baby in Cradleboard], 1932
Gelatin silver print

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Doris Ulmann (1884–1934)
[Gray-haired woman with quilt], 1933
Photogravure

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