



# Book of Time

# Notes for parents

**Introduction** You can help your child learn about time and how we measure it from his or her early years. Babies and toddlers quickly anticipate the landmarks in their days—getting up, going out, lunchtime—and later, they'll understand the idea of day and night.

The earliest step for telling the time is an interest in the clocks around us, and when children show this, we can focus on the idea of the hour o' clock—a contraction of 'the hour of the clock'—in relation to the big events of a day, e.g. mealtimes, playing times, bath times, and bedtimes!

This book aims to introduce this o' clock principle with the aid of a chunky foam clock with removable numbers. This will help your child learn which numbers go where in a fun, hands-on way, and prove a great introduction to the hour times mentioned throughout the book. The book shows real and imaginary clocks and watches, focuses on different times of the day, and encourages the idea of 'fast' and 'slow' with toys.

## Time activities to do at home

**Find a clock...or two!** Clocks are everywhere: at home; in the car; in stores; and all around. Set fun challenges like "Let's see if we can find four clocks today." Explain that digital displays are clocks, too, and that they'll learn these later.

**Time talk:** When you talk about your day, try to include key words, e.g. morning, afternoon, evening, and night. "What have we done this morning?" "What should we play this afternoon?" "Soon it will be time for your bath tonight." "It's going to be a starry night."

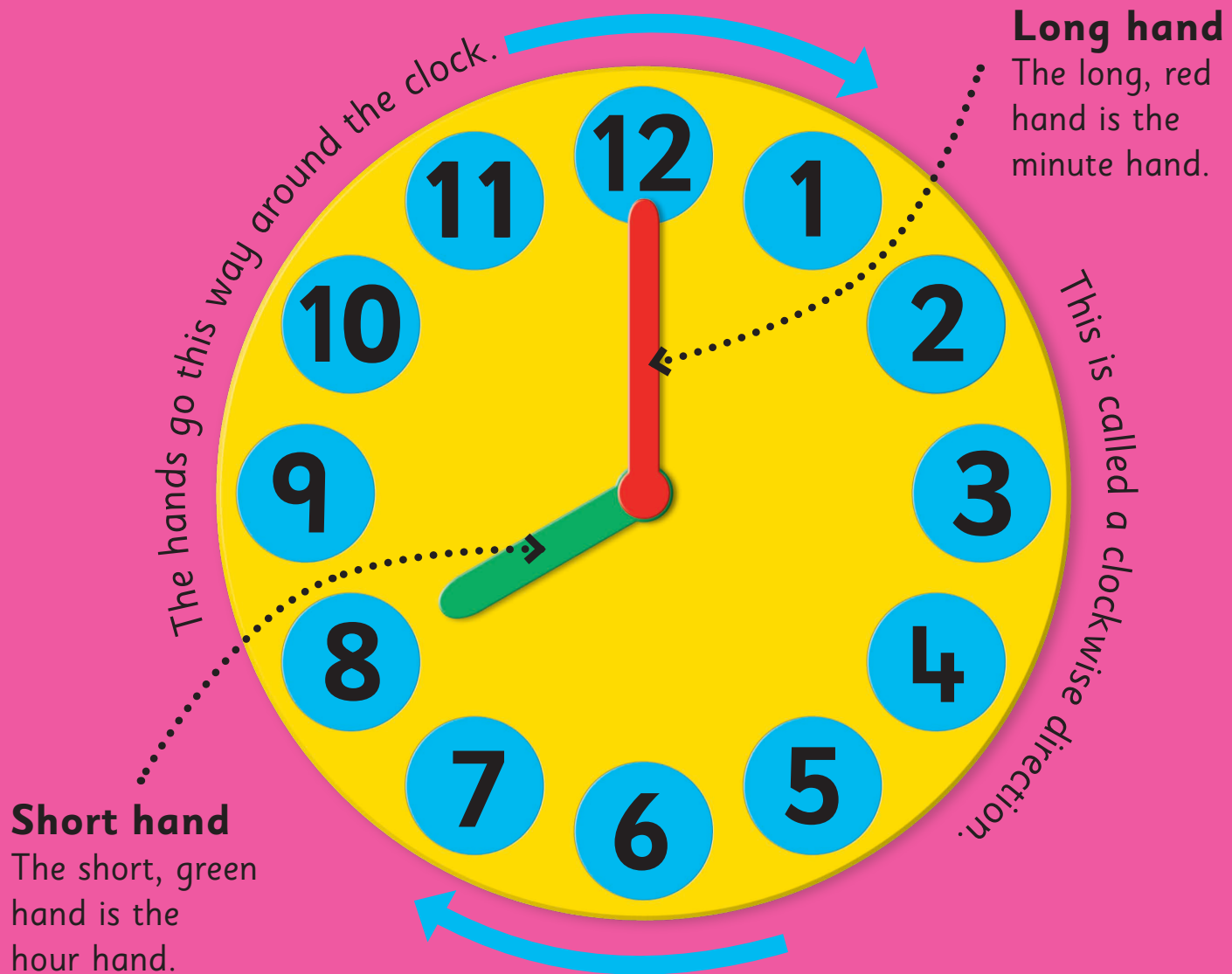
**Special hours:** Add hours to special events. "We're going out at 10 o' clock this morning." "Our friends are coming at 3 o' clock this afternoon." "It'll be dark at 7 o' clock tonight."

**Make a night picture:** Use dark paper, and add a silver moon and shiny stars! Talk about how most people sleep during the night but owls, bats, and foxes sleep during the day and are active at night!

**Whose watch?** Show your child your own watch. Explain how the straps allow you to take the little clock around with you. Encourage your child to ask family or friends if they are wearing a watch. Why not design and make a paper watch for teddy together? When you buy your child a first watch, choose a traditional watch face. Digital can come later when the idea of time is better grasped.

**Just a minute!** Introduce the idea of minutes and the length of time by using an egg timer, a stopwatch, the second hand on a watch or clock, or a cooking timer. Try playing these simple games. Children love putting on a timer and waiting for it to beep! Children can time you, e.g. "How long does it take Mommy to put on her shoes and coat?" You can also set a time challenge, e.g. "Let's see if you can put on your pajamas and jump into bed in just one minute?" or "Can you sing for a whole minute?" or even "Can you be very quiet and still for two minutes?!"

# My First Book of Time



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# Amazing clocks

Look for clocks when you are walking around. All these clocks show the start of the hour.



Take out all the numbers from your foam clock. Now can you put them back in the right order?

## Where clock numbers go

- Start by putting the **12** at the top and the **6** at the bottom.
- Next put in **9** on the left side and **3** on the right side.
- Add all the other numbers!



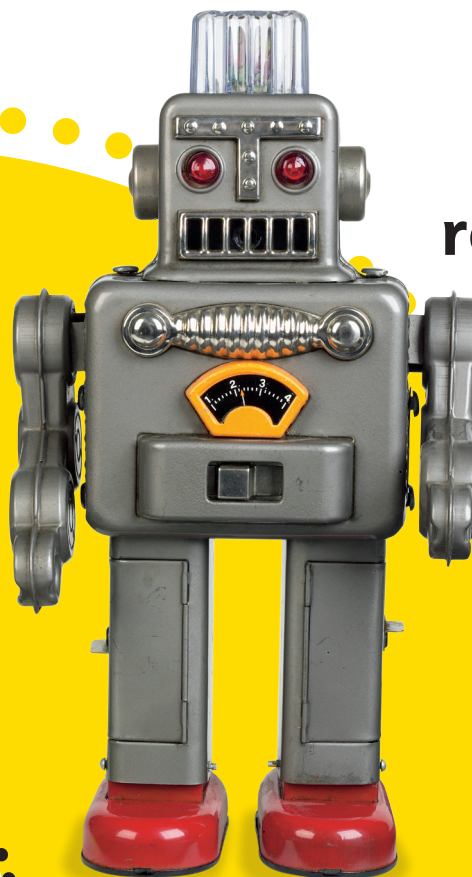
# Wonderful watches!

Do you wear a watch? Each of these toys has a watch! Can you see which watch belongs to which toy?

**duck**



**robot**

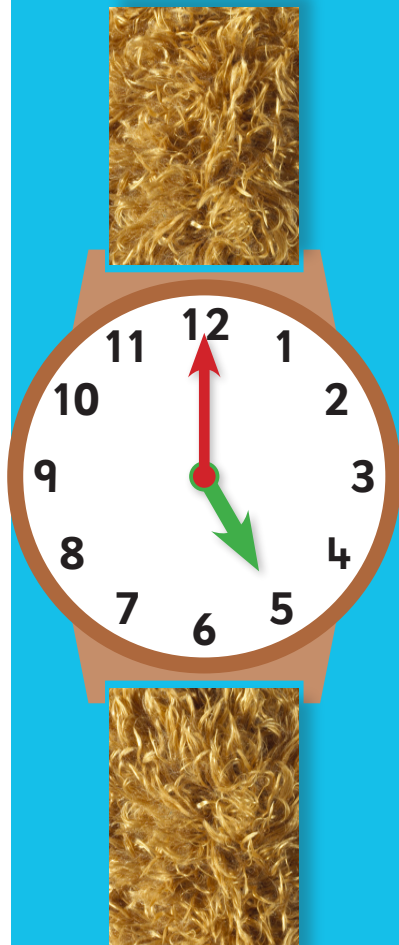


**doll**



**teddy**





## 5 o' clock

It's 5 o' clock.  
Make it  
5 o' clock  
on your  
foam clock.

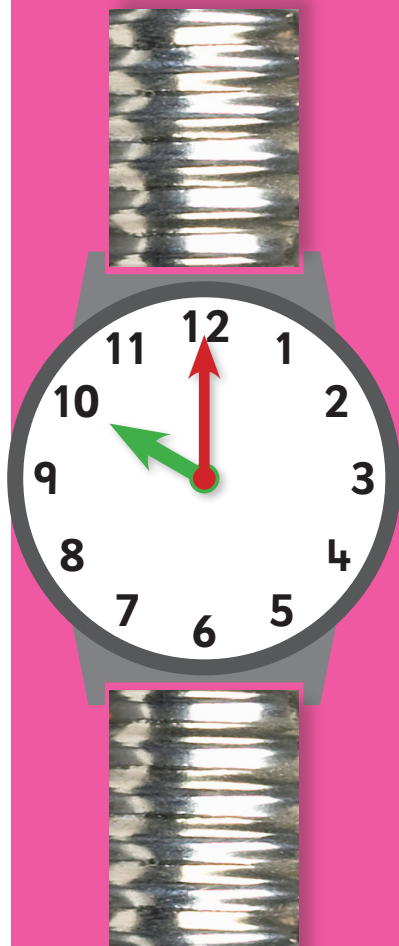
## 8 o' clock

It's 8 o' clock.  
Let's turn the  
hands on your  
foam clock to  
make 8 o' clock.



## 0' clock

Turn the long  
hand to **12**.  
Turn the short  
hand  
to what hour  
o' clock it is.

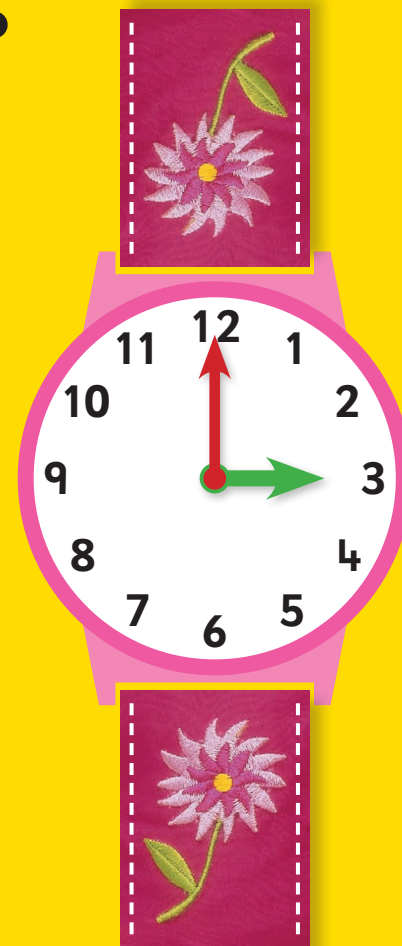


## 10 o' clock

It's 10 o' clock!  
Let's turn the  
hands on your  
foam clock to  
make 10 o' clock.

## 3 o' clock

It's 3 o' clock!  
Make it  
3 o' clock  
on your  
foam clock.



# Day and night

A clock tells us what time it is during the day and the night. Each day has a morning, afternoon, and evening.



## Morning

When do you eat your breakfast?



● What is your favorite time of day?

## Afternoon

What time does this clock tell?





## Evening

What time do you take a bath?



## Nighttime

What time do you go to bed?



# Happy hours!

One hour after 2 o'clock is 3 o'clock!  
Some things take just one hour to do!  
What are these children doing?

What time does Jamilla start painting?

Time for a walk!



Jack and his puppy are off to the park.  
What time do they leave?



What time do they get back home?



# Time for painting!

What time does Jamilla finish painting?



# Time for cooking!



Jen is baking some bread. What time does she put the bread into the oven?



What time does the bread come out of the oven?

# Time to play

Whoosh! Some things travel very fast. Which toy do you think travels the fastest?

● What time does the train leave the station?

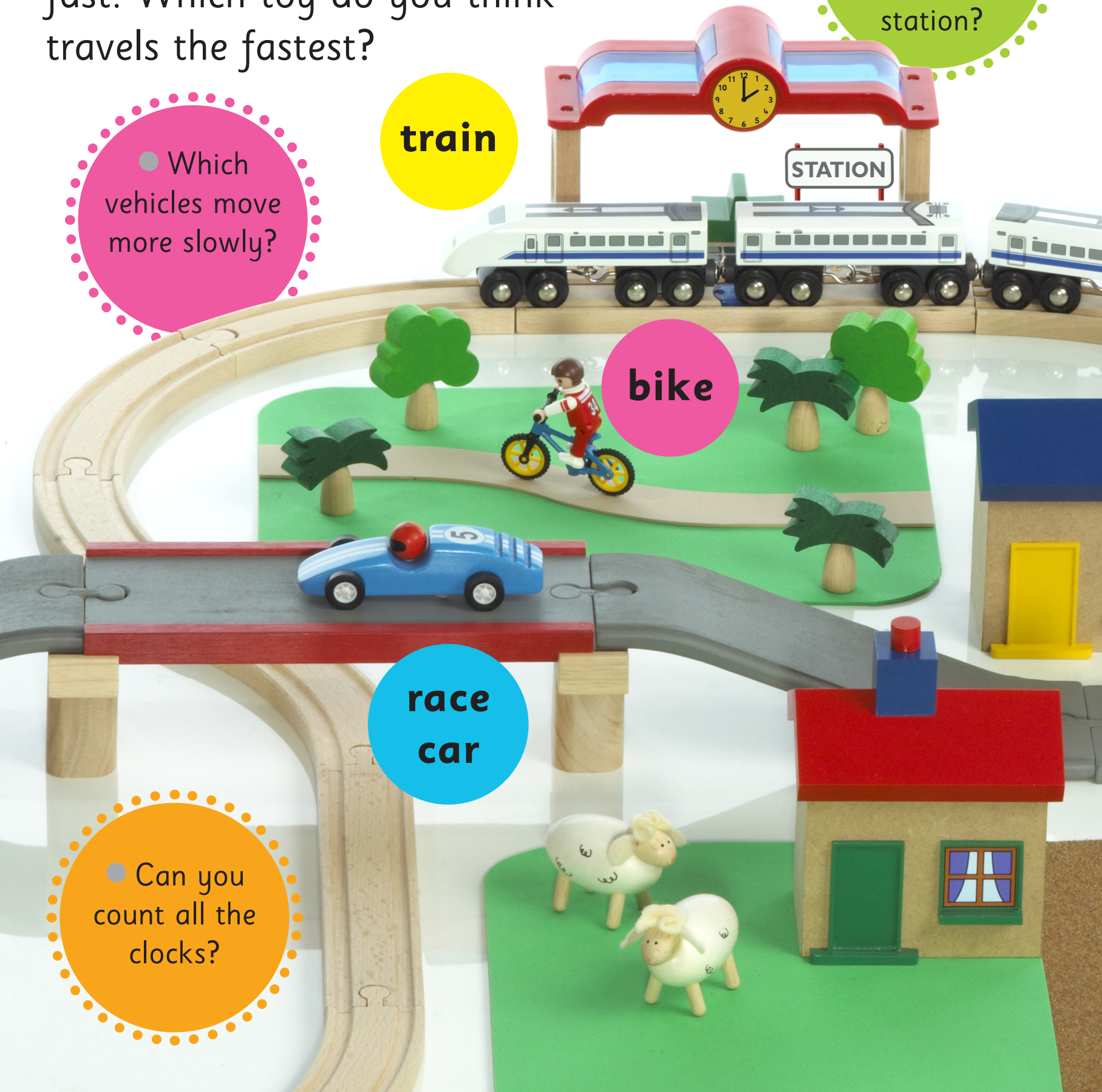
● Which vehicles move more slowly?

**train**

**bike**

**race car**

● Can you count all the clocks?





● What time does the air plane arrive at the airport?

air plane

motorcycle

truck

bus

tractor



# Book of Time

12

11

1

**Hands-on learning with a special fold-out clock**

10

2

Have fun practicing where all the clock numbers go

9

Move the hands to show o'clock times

3

See if you can find lots of clocks on every page!

8

An interactive book with notes for parents.

4

*"Ideal for young children getting to grips with their first experience of telling the time."*

Geraldine Taylor - Education Consultant

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\$12.99 USA  
\$15.99 Canada

Please remove plastic wrapper before giving this book to your child.

Contains small parts.  
Recommended for children over 36 months of age.



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