



Fergus and the Midnight Moo

One quiet night on the farm, the stars twinkled like glitter in the sky and the moon hung low and sleepy.

All the animals were snuggled in for the night—except Fergus the Highland Cow.

Fergus couldn't sleep.

He had fluffed his hay.

He had turned three slow circles.

He even wandered over to the barn door and had even tried counting sheep (but even the sheep were sleeping, so no one was jumping the fence).

Nothing worked. Fergus was still wide awake.

So, he gave a soft little “moo,” just in case someone else was awake.

Nothing.

He tried a slightly louder “Moo?”
Still no answer.

Finally, Fergus gave a big “MOOOOO” that echoed all the way to the barn roof.

Suddenly, a window creaked open and Millie the chicken popped her head out. She was grumpy.
“Some of us are trying to sleep, you know!”

“Sorry,” Fergus whispered. “I was just... lonely.”

Millie clucked, “Try counting clouds.”

Fergus looked up. The clouds looked like sheep. He saw one that looked like Bailey with a hat on her head. He started to giggle... which only made him more awake.

So he tiptoed (as best a cow can tiptoe) over to the pond. There, he saw a sleepy duck floating like a little boat.

“Can’t sleep,” Fergus whispered.

The duck yawned. “Try humming a lullaby.”

Fergus tried. It sounded more like a low, wobbly trumpet. “Okay, maybe not,” quacked the duck as he paddled away.

Just when Fergus thought he’d be up until sunrise, a soft voice said, “Can’t sleep either?”

It was Molly, the tiny barn kitten, with her tail curled up like a pillow.

Fergus nodded. “I’ve tried counting and humming and mooing and tiptoeing.”

Molly stretched and said, “Sometimes it helps just to be still and quiet... with a friend.”

So Fergus lay down in the grass, and Molly curled up on his back. Together, they listened to the night sounds—the crickets, the rustle of leaves, the soft hoot of an owl.

Fergus gave one last little “Moo...”
But this time, it was the sleepy kind.
And before long,
both Fergus and Molly
were snoring gently
under the stars.

FUN FACT FROM FERGUS

Did you know that having the same bedtime routine every night before bed will eventually train your brain that it’s time to go to sleep?





BEDTIME THOUGHTS

What are some things you can do every night before bed that will start to help you fall asleep? It could turning the lights down, putting on pjs, brushing teeth, reading a story, and snuggling with your favorite stuffy. What will you do?