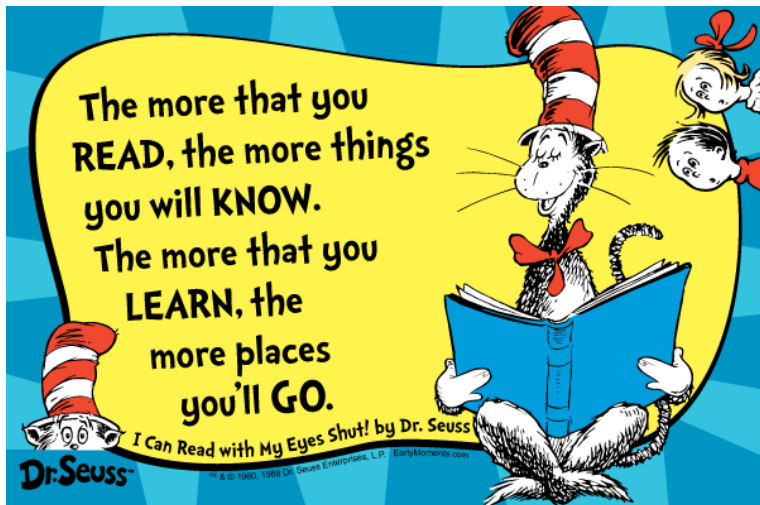


Finally, a few interesting facts about the benefits of reading:

- ◆ Reading has a positive effect on parent-child bonding
- ◆ Reading to babies and toddlers gives them a head start and helps to develop their concentration
- ◆ Reading is important to develop language skills – your child will learn new vocabulary
- ◆ Reading develops a child's imagination
- ◆ Reading books with children helps to develop empathy
- ◆ If you read just one book a day to your child, they will have read 1825 books by their 5th birthday
- ◆ Boys are more likely to fall behind in reading—if dad's read with their children this will make a huge difference



Bath, Books and Bedtime!

Reading books to your child is the most important activity you can do to support them develop a love of reading and become a life long reader.

'Children are made readers on the laps of their parents'.

Emilie Buchwald



We hope this guide will give you some ideas to try at home.

Routine

Routine is the framework of a family's day and children thrive on structure. Having the same bedtime routine every night helps signal to children that it's time to wind down and time to relax.

Sending a child to bed when they are over excited is never going to go well! Simple routines make life easier for your baby, toddler or child.



Get your child really excited by using different voices and puppets.

Be as silly as you dare!

Bathtime

Start the bedtime routine with a bath. Warm water can be soothing and of course, children love to splash around and chat in the bath at the end of a busy day.

Book at Bedtime

Having a story at bedtime can help to relax and settle your child. They will get to have favourite books that they want over and over again!



Real books are better than digital books or tablets at bedtime. Research has demonstrated screen activity can over stimulate the brain and it will be harder for your child to get to sleep.

Encourage your child to pretend to read a book before they can read the words - they'll be learning how books and stories work.



Play letter games when out and about. Can they find other words that have the same letter that their name starts with?



Visit your local library and encourage your child to choose their own books, CDs and DVDs.



There are reading opportunities everywhere - look at signs and words when you go out. Point out the labels on packets and tins at the shops.

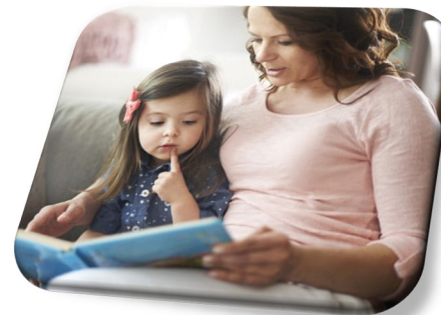


Cut down on distractions and have story time in a quiet, comfy place. Turn off the TV or radio and focus on the book.



Sharing books with your child

Sharing a book with your child can be a magical experience. Children get so much out of listening to you read; they learn new words, their imagination develops and they find out about the world around them.



It doesn't matter what you read—be led by them and their interests. What matters is that you bring the book to life! Use animated voices for the characters, make the sounds of engines, giggle at the jokes. This is a precious bonding time for you and your child.

Useful links for more information:

www.booktrust.org.uk

www.literacytrust.org.uk

www.wordsforlife.org.uk

www.littleparachutes.com

www.fatherhoodinstitute.org

A few top tips for you to try at home!

Tell it again - children love to hear their favourite stories over and over again. Encourage them to join in!

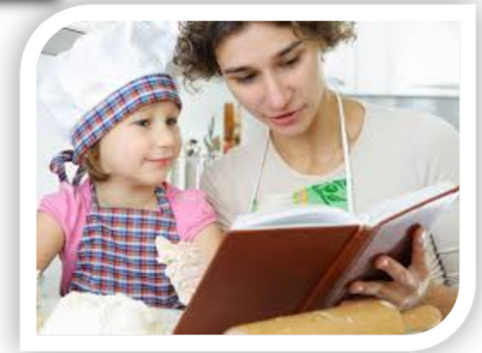


Snuggle up with a book - children will enjoy the cuddle and the sound of your voice as well as the story.



Take time to look together at the pictures in the story— can they say what is happening or find particular objects in the pictures?

Use a cookbook when you cook together - looking at the pictures, reading and following directions are all important skills.



Follow your child's interests - find books about things they like such as dinosaurs, cars, animals or princesses.



Keep books where your child can get them - in the car, in the pushchair, in the garden, in the bath. There are books for every situation and they will help to develop their attention.