



TOP TIPS for bedtime reading

- 1 Sharing a story at bedtime is a chance for you and your child to relax and enjoy a special moment together.
- 2 Make a story part of a bedtime routine. Your child will love to cuddle up and hear your voice and know that it's time to wind down ready for sleep.
- 3 Just five to ten minutes of reading a day will help you bond and help your child's language development.
- 4 Make bedtime stories something to look forward to and enjoy this time together.
- 5 Snuggle up together, somewhere cosy. It doesn't have to be in bed and it's best to switch the television off.
- 6 Choose books with rhyme, rhythm and repetition – hearing rhyming words will help them later when they learn to read.
- 7 Read your child's favourite books over and over again.
- 8 You don't always have to 'read' a book. Pictures are also very important and help to tell the story. Point to the pictures and talk about them and you will be helping your child learn lots of new words.
- 9 Try using funny voices or silly noises. Your child loves the sound of your voice so try not to be embarrassed or shy. Just remember to make it fun and laugh a lot.

And remember books are for anytime not just bedtime.

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