

# Reading with your Child

0-12 months



**Bookstart**  
BookTrust



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 **BookTrust**  
Inspire a love of reading

**It's never too early  
to start enjoying  
books together.**

**Reading to your child from an  
early age helps to give them  
the best possible start in life.**

## Hello mums, dads and carers!

We believe that reading with your child is one of the best ways to help them get ready for school.

This booklet gives you just a few of our favourite tips on reading with your child – join us online too, and discover more about the magic of sharing stories, books and rhymes.



[www.bookstart.org.uk/have-some-fun](http://www.bookstart.org.uk/have-some-fun)

# Tips to help you enjoy books together every day

- ★ Choose somewhere away from noise, television and mobile phones.
- ★ Take time to look and talk about the pictures.
- ★ It doesn't matter if your baby chews books to start with. Soon they will enjoy helping you turn the pages!





**Use animal noises or sound effects – these help to bring the story to life and make you both laugh!**



**Stories and rhymes can be shared with the whole family so why not invite siblings or other family members to join in?**



**It doesn't matter if you're not a brilliant reader yourself because just listening to your voice is comforting for your baby.**








**Have fun singing this rhyme with your child:**



*Twinkle, twinkle, little star,  
How I wonder what you are!  
Up above the world so high,  
Like a diamond in the sky!  
Twinkle, twinkle, little star,  
How I wonder what you are!*





- ★ **Twinkle, Twinkle is a perfect rhyme for bedtime – why not look up at the night sky together.**
- ★ **Make stars with your hands – open and close your hand to show the star twinkling.**
- ★ **Sharing rhymes every day, even for a few minutes, can also help your child grow into a reader.**

# Why reading with your child is important



**Reading together is great for bonding and building a strong and loving relationship with your child.**



**The routine of sharing stories and rhymes will help your child to communicate and will support their wellbeing.**



**Children who are read to from an early age do better when they get to school - learning rhymes and stories together will give them a flying start in life!**



# Looking for more?

- ★ Visit your local library where you can borrow books for free. See if they run a Rhymetime or Storytime session where you can meet other families and enjoy rhymes together!
- ★ Ask your health visitor for ideas on how you can support your baby's development by sharing books together.
- ★ Find great books online with Book Trust! We have lots of ideas for books to enjoy on our website including games and online storybooks.



# Choosing Books

**Book Trust picks books that spark imaginations and are fun.**

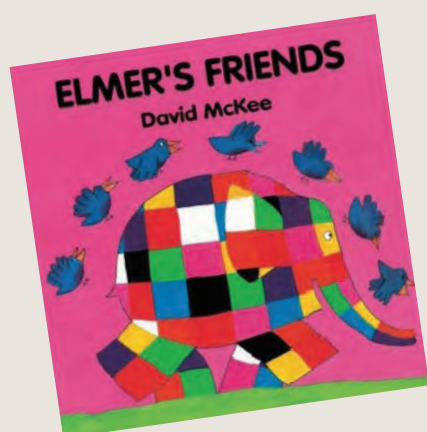
**Join us online to find loads of fantastic book recommendations!**

**[www.bookstart.org.uk/books](http://www.bookstart.org.uk/books)**



**Have fun finding books to share on our website and enjoy reading the books in your Bookstart pack. It's okay to read the same book again and again because familiar books are comforting and build confidence.**

Here is an example of the great books you can discover on the Bookstart Book Finder!



## Elmer's Friends

“ My son who is 10 weeks old loves this story. I started reading it to him when he was 5 weeks old, he smiles every time we read it! He enjoys the bright colours and the animal sounds me and my husband make whilst reading the book. ”

# Read together every day and give your child a lifelong love of books and reading.



Visit **[booktrust.org.uk](https://booktrust.org.uk)** to discover more about the magic of sharing stories, books and rhymes with your child.

## Happy reading!

**Book Trust** is a charity that works to transform lives through inspiring a love of reading. We know that reading for pleasure helps children to do well at school and increases their well-being, so we do everything we can to help to make sure that every child can enjoy stories and books.

We hope that reading will become a part of your daily routine that the whole family looks forward to.

Charity number 313343

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