

Reading with your little one

Dear Families,

Long before children learn to read themselves, they can enjoy books and become aware of many other texts on signs, notices, phones and other screens. There's no right or wrong way to share a story - as long as you and your child have fun!



Why read?

Sharing a book together is a time for closeness, laughing and talking and it can give your child a flying start in life!

Spending **10 minutes a day** reading to your child can make a **HUGE** difference and helps them to:

- develop really important social and emotional skills
- understand the world around them
- learn lots of new and interesting words
- learn about letters, words and stories

How you can help

- Ask your child what they'd like to read. They'll feel more interested if they've picked it themselves. Don't worry if they want to keep returning to the same story!
- Sit close together. You could encourage your child to hold the book and turn the pages.
- Look at the pictures. You don't just have to read the words. Talk together about what they see. Maybe they can guess at what happens next.
- Give space to talk. Picture books are a great way to talk through worries or to help them deal with their emotions.
- Take a book from our 'Borrow a Bedtime Book' basket.