WHAT ARE THE BENEFITS OF ATTENDING BOOKBUG SESSIONS?

Emotions
Bookbug promotes positive interactions and helps form positive parent and child relationships. This develops the connections in a child's brain that promote emotional development.

Bonding
Bookbug's stories, songs, and rhymes encourage touch, cuddles, tickles, and face-to-face interactions - boosting communication skills, bonding, and trust between children and their parents or carers.

Vocabulary development
Children's books contain 50% more rare words than primetime TV. This helps develop a wide vocabulary. The earlier you start, the better - by age 5, around 85% of our language is already developed.

Literacy
We need to hear approximately 1000 stories before we can learn to read. The earlier children are read to, the better their language and literacy skills.

BOOKBUG APP

The Bookbug app is free to download and use, with no hidden costs or adverts. You can do various things, including:

- Search for your favourite songs and nursery rhymes to share with your child
- Find lyrics to sing along or make up your own rhymes to our instrumental versions
- Explore new songs and rhymes by exploring our playlists and using search and filters
- Enjoy beloved Scottish songs in Scots and Gaelic with your little one
- Find songs and rhymes in 11 languages, including Spanish, Polish and Arabic, to support language learning
- Save your favourite content to create your own personalised playlist
- Find top tips for how to enjoy songs and rhymes with children
- Explore content aimed at parents and caregivers in our 'Bookbug for grown-ups' area, including finding your local Bookbug session

The Bookbug app adds music and fun to everyday moments, including:

- Bedtime: Help get little ones settled with soothing songs and rhymes
- Out and about: Keep kids entertained on the go or during long journeys
- Getting clean: Make it fun with toothbrushing and bath time songs and rhymes
- Quiet time: Get cosy and share stories book-sharing videos

Download on the App Store

GET IT ON Google Play

ALL ABOUT BOOKBUG

A helpful guide for parents and carers

Bookbug

WHAT ARE BOOKBUG SESSIONS?

Bookbug sessions are free story, song and rhyme sessions for children to enjoy with their families and carers. Bookbug brings books, reading and learning to life. Bookbug sessions are a great way for children to interact with others and to improve their social and language skills. They are a chance for you to spend quality time with your child and meet other parents/carers.

Bookbug sessions usually include:
- The 'Hello' song
- Songs and rhymes
- Songs and rhymes with movement
- A book
- A calming song
- The 'Goodbye' song

Children are given the opportunity to participate throughout by doing actions, joining in with words, playing parts in songs and rhymes, and using lycra.

MORE ABOUT THE BOOKBUG PROGRAMME

Bookbug is Scottish Book Trust's national Early Years programme. It supports families to read, sing, and play with their little ones from birth to give them the best start in life.

Bookbug is a national charity that aims to help every child across Scotland to develop a love of stories, songs and rhymes while spending quality time with their families and carers. Session leaders are given specialist training to ensure families have fun, educational, and inclusive Bookbug sessions.

Bookbug is also Scotland's universal book gifting programme. Every child in Scotland receives four free Bookbug Bags between birth and age five.

BOOKBUG AT ST PETER'S ELC

- Sessions usually take place monthly, during the nursery day. Look out for communications about specific dates for upcoming sessions.
- Bookbug session are free of charge.
- Sessions last about 45 minutes.
- Any family member or carer is welcome - it does not need to be a parent. It is a great opportunity for grandparents, aunties, uncles etc. to have some extra bonding time with your child.
- Our sessions are very informal and you do not need to know any songs or actions before coming along.
- You do not need to bring anything with you.