

TIPS FOR PARENTS

Big Bedtime Read



Big Bedtime Read focuses on raising parents' awareness of the importance of reading to children and on encouraging them to read regularly to their children each night.

Emphasis should be placed on establishing good bedtime routines and on maximizing opportunities throughout the day to engage children in early reading experiences.

TIP 1: Look For Opportunities

Look for reading opportunities throughout the day at home and when you are out and about. Our environment is full of print, words and information, shopping lists, newspapers, magazines, posters, labels etc.

It is important to share these with your child to stimulate their interest in reading.

TIP 2: Read & Share Books Together

Read regularly with your child— children love stories, try to read books everyday at home.

If you need extra books at home join your local library. All libraries have now reopened but you can also visit the website for more information

<https://www.librariesni.org.uk/>

TIP 3: Establish A Bedtime Routine

Having a bedtime routine helps children to wind down and relax before bed. Reading a book before bed is precious time snuggling together to listen to stories.

[Click Here to check out the the Book BATH-BOOK-BED Resource](#)