

Books, books, books

Sharing books with your child is fun and is a perfect time for snuggling, laughing and talk!

Research shows that sharing books with your little one is more important to a child's educational success and life chances than a parent's socio-economic status and that reading to children is good for a child's well-being and mental health. Imagination, empathy, vocabulary and communication skills flourish when babies and children are read to daily.

Not enough time in the day to share stories?

Follow the [3 B's routine](#) – bath, book, bed. It's a simple way to introduce more books to your little ones, with no screens and encourages a soothing bedtime routine. Click on the link to find out more.

It's never too early to start reading with your baby. Babies may not understand the words you read but will love listening to your voice and the rhythms of your words.

Again, again, again! Babies and children quickly develop a favourite book and will often demand to have it read over and over. 'Oh no, not again' may come our reply but it is hugely beneficial to a child's language development to hear the same stories repeated over and over again.

Did you know...

- Reading aloud to babies and young children is directly linked to positive educational outcomes.
- Sharing a book with your little one releases the feel-good chemical serotonin and strengthens bonds of love between parent/carer and child.
- Reading in your home language is good for babies and children and supports their communication, language and listening skills.
- Books help children understand and cope with their different emotions.



Top Tips for reading with your child

- Minimise distractions by turning off the TV and put phones away.
- Ask your child to choose the book. This shows their opinions matter and means they are more likely to listen.
- Sit close together. It's a perfect time to snuggle.
- Encourage your little one to hold the book and/or turn the pages.
- Talk about the pictures. Can you relate the illustration to something your child knows about?
- Encourage prediction. Look at the front cover together and ask your child what they think the story might be about and pause at points in a story asking them what they think might happen next.
- Make it fun! Use funny voices for different characters. Children love this!
- Join your local library!

What are the best books to read?

Find book recommendations at [Booktrust.org.uk](https://www.booktrust.org.uk) for your baby and child.

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