

We're supporting

#BookBeforeBed

We know these are strange times and many of us are feeling anxious and stressed.

If you can, why not #TakeTen minutes at bedtime to snuggle up, open their favourite book and read a story to your children.

Bedtime Reading Tips

- 🕒 Reading environment - Leave books in your child's room to enjoy on their own. Make sure the room is reading friendly with a comfortable bed or chair, bookshelf, and reading lamp.
- 🕒 Let your child choose the book - Read books that your child enjoys.
- 🕒 Go at your child's pace.
- 🕒 Stop to look at the pictures - Ask your child to name the things they see in the pictures and talk about how the pictures relate to the story.
- 🕒 Keep it fun - Don't read books that are too long or advanced to keep the child's attention.

The Benefits

- 🕒 Provides quality time, parental connection and human interaction we're missing at the moment.
- 🕒 Develops a love for reading.
- 🕒 Develops curiosity for knowledge.
- 🕒 Boosts imagination and creativity.
- 🕒 Helps to encourage sleep.

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