Libraries are the perfect place to find and try different kinds of books to enjoy together for free. Here is how your library can help to build a bedtime reading routine:

1. There is no minimum joining age, library membership is free, and there are no fines for bringing books back late.
2. There are lots of fun, free activities for you and your baby or toddler.
3. You can borrow lots of books to make sure your child has plenty of choice.
4. Looking through the many books in the library can be fun and exciting for your toddler, and you can help your child to choose their own books to read.
5. You can ask the library staff for book recommendations for your child, and for yourself too!
6. Libraries have free online services including e-books and e-magazines for children and adults, and these include magazines with parenting tips.
7. Libraries are breastfeeding and child-friendly. We believe in creating an inclusive and supportive environment for every child to play, learn and express themselves.

'Reading for pleasure is the single biggest indicator of a child's future success, more than their family circumstances, parent's educational background or parent's income'. (OECD)

Reading rhymes and stories together will give them a flying start!



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Bedtime Reading Tips



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Books at Bedtime

A book at bedtime can have a calming effect on babies and toddlers. It helps them wind down, relax, and transition from their busy day to a night of peaceful sleep. It also offers a wonderful opportunity for your child to have some quiet time alone with you away from the hustle & bustle of the home.

Here are some tips for reading at bedtime:

- Make bedtime a quiet time to read with your child every day. You can read with your child in bed, or find a quiet space away from noisy TVs and mobile phones.
- Choose soothing and gentle books for bedtime reading. Enjoy cuddling and connecting with your baby or toddler while you read with them.
- It's also good to read at other points in the day. Choose times when your baby is dry, fed, and alert.
- Books come in handy when you're stuck waiting, so have some in the changing bag to pass the time while you are sitting in the doctor's waiting room or waiting for a bus.
- Have fun reading the story together! Feel free to use funny voices or animal sounds. If that's not your thing, simply varying your tone and expression as you read can make the story just as engaging and enjoyable for your child.
- Be patient and positive. If your child is talking, encourage them to talk about the story and illustrations and link them to their lives.
- It's OK to read the same book again and again as the repetition can be comforting for children, and babies learn through repetition. Adding a new story from time to time is a good idea too.
- Babies and toddlers love to imitate older children and adults. If they see you reading, they will want to join in. It doesn't matter what you read – the newspaper, magazines, books, or even the back of the cereal box!
- Choose books rich in rhyme and rhythm. These help babies and toddlers to get used to the sounds in language.

Here are some benefits of reading at bedtime:

- Even though babies and children may not be talking yet, that doesn't mean they're not learning. Starting early is important because the roots of language are developing in a baby's brain before they can even talk!
- The more words a baby hears over time, the more words they learn. Remember that books often have words that you do not use in other conversations, and your child is learning all the time.
- Having books to hold and pages to turn lets babies and toddlers understand how a book works.
- Remember that just by reading to your child, you are helping to develop their memory and their concentration, and giving them a positive first experience of books and reading.
- Male role models regularly reading demonstrates that reading is a highly valued activity for boys as well as girls.

