

TWO MINUTE TOOLBOX



EYFS Bedtime Reading

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Sharing a story at bedtime is a chance for both you and your child to relax and enjoy a special moment together. As part of a calming end of day routine they will love to cuddle and hear your voice and will know that its time to get ready for sleep. Just ten minutes a day will greatly help their development. Utilise your local library as an extra resource to choose new and exciting books together and let your child see you reading during the evening or at weekends.

Sit close together for your bedtime story, somewhere cosy! It doesn't always need to be in bed, but it is best to turn off devices such as the tv and phones. You could even begin your story time routine at bath time using bath books, sharing rhymes or making up stories together.

What books should I choose?

- Books with rhyme and repetition are great as they encourage your child to join in;
- Let your child choose the books they want to share with you;
- Share books about things that excite your child or that they have an interest in such as trains, fairies or dinosaurs;
- Don't be frustrated if your child chooses the same book over and over – children thrive on repetition – will they notice if you leave out a couple of words?
- Try making up your own story to tell your child – they will use their imagination to conjure up images of your story. Let them add to the story;
- Remember traditional fairy tales – maybe change the ending;

- Poetry books are also fun for children – there are books available that have a poem for everyday;
- Children love silly voices and funny noises – try injecting a few into your story time;
- Ask your child questions about the story;
- Try asking them to anticipate what will happen next but don't rush their answer;
- Ask your child to 'read' the story to you;
- Try books without any words, take time to pore over the pictures and let your child's imagination tell the story.

Most importantly, make bedtime reading something to look forward to and share together!