

Reading with your child

0-12 months



Dechrau Da
Bookstart

BookTrust Cymru



booktrust.org.uk/cymru

Illustrations by Daniel Taylor

Charity number 313343



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



BookTrust Cymru

Inspire a love of reading. Ysbrydoli cariad at ddarllen

Hello Mums, Dads and Carers

Welcome to your Bookstart Baby pack.

At BookTrust, we believe that it's never too early to start enjoying books with your baby.

Reading to your child from an early age helps give them the best possible start in life.

This booklet gives you a few of our favourite tips on reading with your baby.

We hope that reading together will become a part of your routine that your whole family look forward to every day.

Spending just ten minutes reading together every day can:

- **Help your child develop social, emotional and communication skills**
- **Help them grow into a happy and confident learner**
- **Strengthen your child's bond with you.**

Happy reading!

Bookstart in Wales is funded by the Welsh Government and run by BookTrust – the UK's largest reading charity. Bookstart in Wales is delivered in partnership with libraries and health visitors.

At BookTrust, we're here to help your child develop a love of reading and give you support and advice along the way.

Your Bookstart Baby pack is just the beginning.

You should receive a Bookstart Early Years pack when your child is about 27 months old, usually from your health visitor.

When your child starts school, they should also take part in our special Pori Drwy Stori programme.

On our website you'll find tips for sharing books, fun rhymes to listen to in English and Welsh, recordings of some of the Bookstart books and ideas about what to read next.

Visit booktrust.org.uk/cymru



Tips to help you enjoy books together every day

- Find somewhere quiet away from noise, television and mobile phones.
- Take time to look and talk about the pictures.
- It doesn't matter if your baby chews books to start with. Soon they will enjoy helping you turn the pages!
- Use animal noises or sound effects – these help to bring the story to life and make you both laugh!
- Stories and rhymes can be shared with the whole family so why not invite other family members to join in?
- It doesn't matter if you're not a brilliant reader yourself because—just listening to your voice is comforting for your baby.



Why reading with your child is important

- **Reading together is great for bonding and building a strong and loving relationship with your child.**
- **The routine of sharing stories and rhymes helps your child to communicate and will support their wellbeing.**
- **Children who are read to from an early age do better when they get to school – learning rhymes and stories together will give them a flying start!**



Time for a rhyme!

Have fun singing this rhyme with your child:

**Twinkle, twinkle, little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky!
Twinkle, twinkle, little star,
How I wonder what you are!**



- **'Twinkle, Twinkle' is a perfect rhyme for bedtime – why not look up at the night sky together?**
- **Make stars with your hands – open and close your hand to show the star twinkling.**
- **Sharing rhymes every day, even for a few minutes, can also help your child grow into a reader.**

A message from senior Health Visitors in Wales



Bookstart is a fantastic programme. It has been successfully running since 1992 and the health visiting service is delighted to endorse it.

Sharing stories, songs and rhymes with young children helps their brain development. Up to 75% of brain growth occurs within the first three years of your child's life.

Your Bookstart pack includes Welsh and English books. Introducing a second language to young children helps them to develop good communication skills. It's like a game for them and they don't get confused. You can find ideas about how to introduce Welsh from birth at cymraeg.gov.wales.

If you have any concerns about your child's speech or general communication skills please contact your Health Visitor or GP.



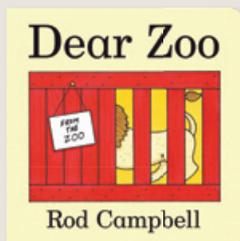
A message from libraries in Wales

- Libraries are the perfect place to find more books to enjoy with your child. Your local library staff will help you both choose fun books to read.
- You can join the library from any age – and it's completely free!
- Libraries don't charge if books borrowed by children are returned late.
- Many libraries have Rhymetime and Storytime sessions – these are a great way to meet other mothers, fathers and carers and share stories, sounds and rhymes.
- Libraries also have books that give help and advice. Ask us for books on weaning, dealing with tantrums, sleeping and other issues.
- Libraries are breast-feeding and child-friendly places even for very small children, and we don't say 'shhh!' any more!

Find your nearest library at libraries.wales

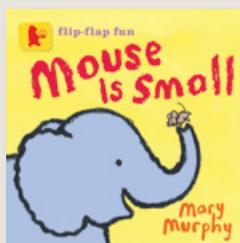


Choosing books



Dear Zoo

A classic lift-the-flap book, in which revealing the animals from the zoo never fails to delight. Also available in a Welsh and English bilingual edition.



Mouse is Small

Mouse is small but who's the biggest of them all? Your baby will love the colourful animals and the hilarious ending.

- Visit your local library and borrow books for free. See if they run a Rhymetime or Storytime session where you can meet other families and enjoy rhymes together!
- Ask your health visitor for ideas on how you can support your baby's development by sharing books together.
- Find great books online with BookTrust! Our website has lots of ideas for books to enjoy as well as more tips to make reading fun.
booktrust.org.uk