


# Reading with your child

**18-36 months**



**Dechrau Da  
Bookstart**

 BookTrust Cymru



**[booktrust.org.uk/cymru](http://booktrust.org.uk/cymru)**

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Aziemir gan  
Lywodraeth Cymru  
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Welsh Government



**BookTrust Cymru**

Inspire a love of reading Ysbrydoli cariad at ddarllen

## **Hello Mums, Dads and Carers!**

**Welcome to your Bookstart Early Years pack.**

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

**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 child.**

**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 your child 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.**

**You should have received a Bookstart Baby pack when your child was about six months old, probably from your health visitor.**

**And 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](http://booktrust.org.uk/cymru)**



# Tips to help you enjoy books together every day

- **Make animal noises or sound effects – these help to bring the story to life and will make you both laugh!**
- **Cuddle up together or get brothers and sisters to join in and enjoy stories and rhymes together.**
- **Ask questions when you're reading together such as: 'What can you see on this page?' 'How do you think the characters feel?'**
- **Let your child be the storyteller. They can 'read' the pictures to you and talk about what's happening on the page.**
- **Find somewhere quiet away from noise, television and mobile phones.**
- **If you feel comfortable, try pulling funny faces or using character voices – these always make children giggle!**



# Things to do

- **Play a guessing game when you're out and about together. Ask your child what numbers or letters they can see on buses, posters and signs. Let your child have fun making marks on paper with pencils or crayons. There's no right or wrong way to draw a picture – this is the very first stage of writing and drawing.**
- **Encourage your child to ask lots of questions. Asking questions is one of the most important skills that a learner needs!**



# Look at the pictures and start talking about them



- Can you find a dinosaur or rabbit? What else can you see?
- How many bananas are there?
- What games are the children playing?



**The more you talk together, the more words your child will learn**

# 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](http://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](http://libraries.wales)**

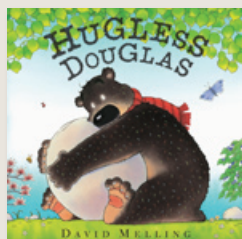


# Choosing books



## ***The Bedtime Bear***

Bear has an adventure getting back to Tom for bedtime. A lovely rhyming story with special secrets hidden on the pages. Also available in Welsh.



## ***Hugless Douglas***

Douglas wakes up and something's missing – a big hug! The perfect bear hug is out there somewhere. Also available in a Welsh and English bilingual edition.

- 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](http://booktrust.org.uk)