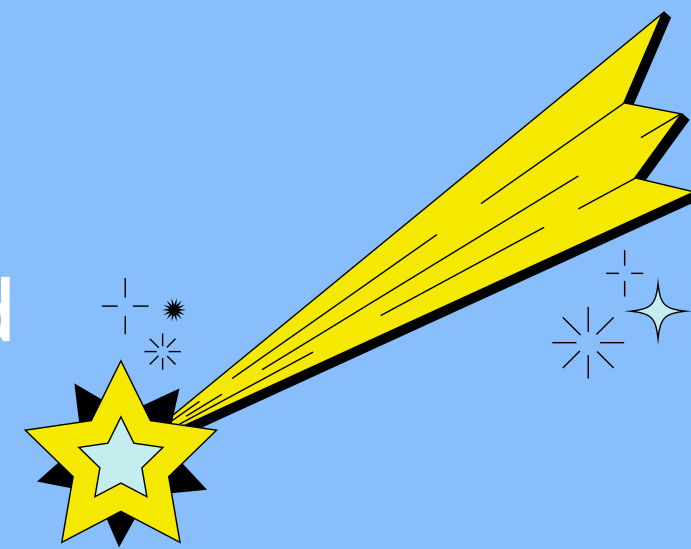


# BENEFITS OF BEDTIME STORIES

**1** Reading a story together is a lovely way to wind down and relax at the end of the day



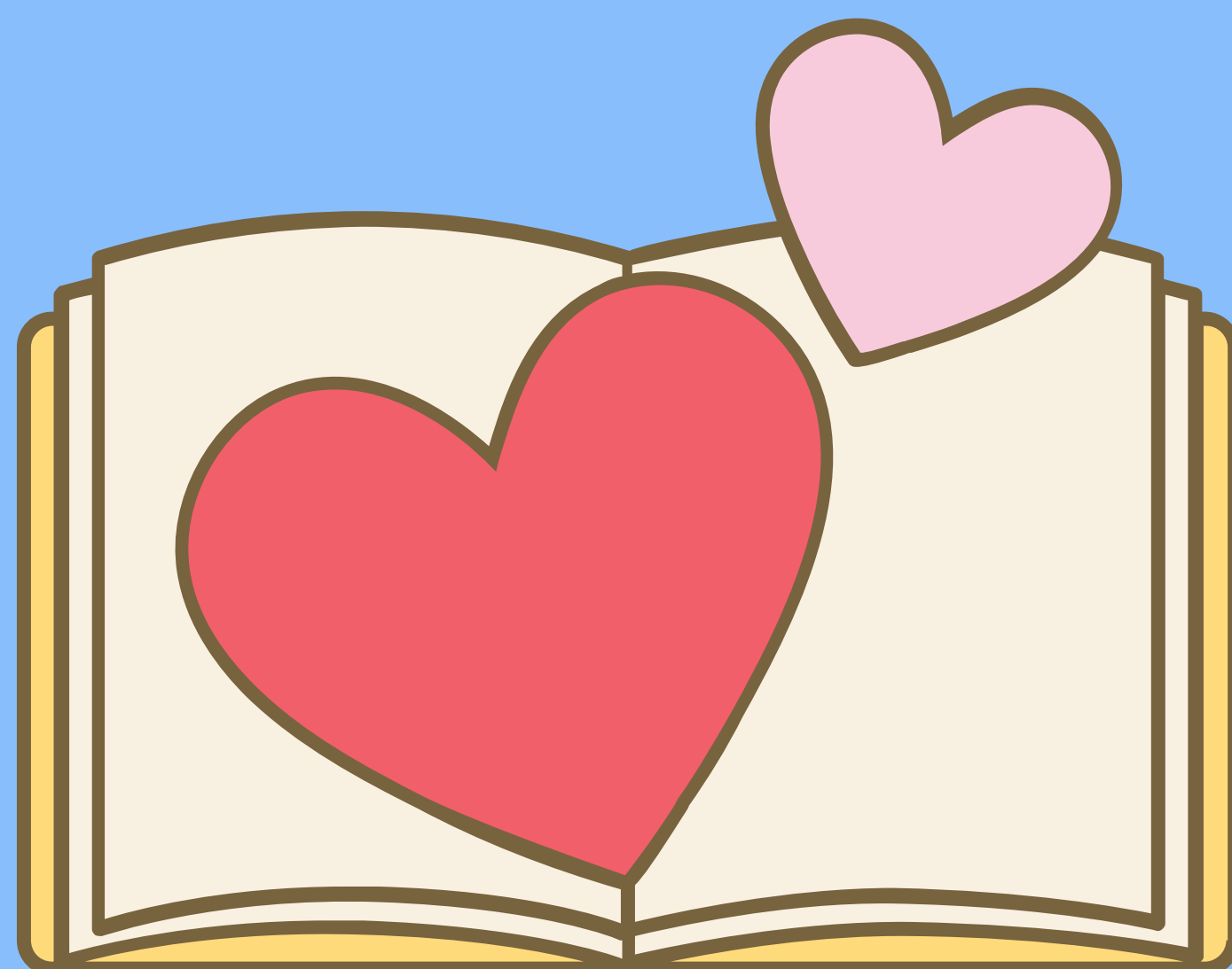
**2** It is important for bonding between adults and children, settling down for a story works well as part of an established bedtime routine

**3** Reading together is a shared experience that doesn't involve a screen

**4** Bedtime stories encourage engagement and conversation

**5** Stories are a fun way of being silly with your little one, enjoy yourselves and have a laugh!

**6** Reading builds a child's:  
Language skills  
Vocabulary  
Resilience  
Confidence  
Imagination  
Empathy



For more information visit: [booktrust.org.uk](http://booktrust.org.uk)

**LET'S GET READING!**