



Dechrau Da
Bookstart
BookTrust Cymru



Bookstart Superbox Handbook

booktrust.org.uk/cymru



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



BookTrust Cymru
Getting children reading Ysgogi plant i ddarllen

About BookTrust

BookTrust is the UK's largest children's reading charity. We are dedicated to getting children reading. Our priority is to get children excited about books, rhymes and stories because if reading is fun, children will want to do it.

Our work in Wales is delivered by BookTrust Cymru. Each year, we give out over 175,000 carefully chosen books to children in Wales, as well as over 230,000 literacy and numeracy resources through our Welsh Government-funded programmes.

Every family in Wales receives books and resources from BookTrust during their child's first five years, starting with the Bookstart Baby pack at approximately 6 months. Books, guidance and resources are delivered via health, library, school and early years practitioners. Families are supported with advice and resources to encourage the reading habit.

We want every child to have the best possible start in life. It's why we're so passionate about getting children reading.

Contact us

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The BookTrust Cymru journey: 0–5 years

Our programmes in Wales support children and families to read together and share books, stories, rhymes and talk from an early age.



**Dechrau Da
Bookstart**

Bookstart: for children aged 0–3 years

Bookstart packs include an English language book, a Welsh language book and a booklet for parents and carers that contains ideas for sharing books, stories and rhymes.

- **0–3 months: Baby’s First Shapes.** This booklet is usually gifted before 8 weeks by health visitors.
- **Bookstart Baby pack.** This pack is usually gifted at 6 months by health visitors.
- **Bookstart Early Years pack.** This pack is usually gifted at 27 months by health visitors.

Find out more at bookstart.org.uk/cymru

Pori Drwy Stori: for children aged 3–5 years

Pori Drwy Stori supports children’s literacy and numeracy. It provides resources that can be used both at home and in the classroom, encouraging parents and carers to play an active role in their children’s learning.



Pori Drwy Stori

- **3–4 years: Pori Drwy Stori Nursery.** Delivered in partnership with participating nurseries (school and non-maintained) to support oracy skills.
- **4–5 years: Pori Drwy Stori Reception.** Delivered in partnership with schools, this programme provides termly resources for every Reception-aged child.

Find out more at poridrwystori.org.uk

Letterbox Club Purple: for children aged 3–5

The Letterbox Club inspires children who are looked after to read and enjoy books and learning. The programme is available for children aged 3-13 years.



- **3–5 years:** Children receive a parcel each month for six months, with specially selected books, stationery and activities.

Find out more at booktrust.org.uk/letterbox-club-wales

These programmes are all funded by Welsh Government.

Find out more about our work at booktrust.org.uk/cymru

Bookstart key messages

Bookstart's key messages are shared with parents and carers by health visitors when they gift the Bookstart packs.

Sharing these messages in your Bookstart Superbox sessions can help to reinforce them:

- **You are your child's first and most important teacher.** Stories, books and rhymes are an essential part of your child's development, so make sure you include them in your everyday routine. This helps your child develop many important skills, helping them become happy and confident learners.
- **Start them young!** It's good to enjoy stories, books and rhymes with your child from as early an age as possible. Babies don't need to understand all the words; they just love to listen to your voice.
- **Share books, talk about the pictures and cuddle up close together** – this all helps you to build a strong and loving relationship with your child. Everyone in the family can join in, from dads, mums, brothers and sisters, to grandparents, aunts and uncles.
- **Join your local library,** as your child will love to choose lots of different books for themselves. Libraries welcome all ages, it's free to join and Welsh libraries don't charge fines for late children's books. Find your nearest library at libraries.wales



Running a Bookstart Superbox session

Your Superbox packs have all the resources you need to run your very own Superbox session, encouraging parents and carers to read and enjoy books with their children. You can adapt the resources to use them in a wide range of early years settings.

What is a Bookstart Superbox session?

- A Superbox session is a storytime where each family has a copy of the book. Parents, carers and children can read together while the session leader reads the story to the group.
- As well as the book itself, activities such as rhymes, crafts and multi-sensory play help families really get the most out of each book.
- Modelling book sharing to parents and carers helps them to build the confidence to keep reading at home with their child.

What's in my Bookstart Superbox Baby and Early Years packs?

- Multiple copies of the current English and Welsh language Bookstart titles, so that families have their own copy to read along with in your Superbox sessions.
- An activity sheet for each book, which helps you use the books creatively.

'Craft activities help bring more to books than just the reading of words. We tend to build on the content of the books rather than always reading out the words.' Practitioner





What are the benefits of Bookstart Superbox sessions?

- The security of the group session can help parents and carers feel more confident and empowered to share and enjoy books with their child.
- Sharing books can help create a loving bond between parents and carers and their child as they cuddle up together with the story, and having access to their own copy of the book can help make this happen.
- Young children and babies also love having their own copy of the book so that they can see the pictures and turn the pages.
- Superbox sessions are a great way to get babies and young children familiar with books and encourage families to read together regularly at home.

'Parents have been happy to take part – they like having a copy of the book to look at and to follow the story. A number say that they now feel more confident about reading with their children at home.'
Practitioner

- Activities can provide a 'way in' to the book for less confident parents and carers.
- Using Superbox ideas can support a child's holistic development supporting language, communication and motor skills development.
- The bilingual Superbox books can support families to engage with the Welsh language.



Top tips for running your Bookstart Superbox session

- Remind parents and carers that looking at books isn't about reading every word – it's great to look at the pictures and talk about them too.
- Make the Superbox books accessible to children in settings – some practitioners find that children choose to read the books again independently after they've heard them in a group.
- Make links to the books parents and carers might have at home – especially if they have received the Superbox books you're using in their Bookstart packs via health visitors.
- Remember that there are audio recordings of the Welsh books on the Bookstart website:
bookstart.org.uk/cymru
- Don't forget to enjoy it! Your enthusiasm for the books can be quickly passed on to parents, carers and children.

'Parents commented on how lovely the resources were and how they could re-create the ideas at home.'
Practitioner

Research and evaluation is essential to our work. Our Superbox programme was evaluated by researchers at University of Wales Trinity St David's in 2016. You can find out more about the evaluation on our website at booktrust.org.uk/superbox





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Support and resources

Our website is packed with support and resources for early years practitioners. Links to all the resources below are on our website: booktrust.org.uk/superbox

Supporting your Bookstart Superbox sessions

Remember that you can download, print and share Superbox activity cards packed with ideas and rhymes to accompany the Bookstart books. To keep up to date with the latest activities, resources and training from BookTrust Cymru, why not sign up to our Early Years newsletter?

Bookfinder and booklists

Engaging, age-appropriate and fun? It's not always easy to find books to share with groups, so why not explore our booklists for recommended reads, including Welsh language and bilingual books?

Listen to stories and rhymes in English and Welsh

Some people may not have the confidence to engage children with rhymes and stories, especially Welsh learners trying to share books and rhymes in Welsh. Check out our recordings of Bookstart stories and rhymes to support parents, carers and practitioners.



Illustrations by Daniel Taylor



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