



**Dechrau Da
Bookstart**
BookTrust Cymru

Introducing Bookstart



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



BookTrust Cymru
Getting children reading Ysgogi plant i ddarllen

About Bookstart

- Bookstart is available for **every child** in Wales.
- Bookstart encourages families to share and enjoy books, stories and rhymes from the first few months of life and throughout the early years.
- Bookstart Baby packs are gifted at 6 months and Bookstart Early Years packs are designed to be gifted at 27 months. They are included in the Healthy Child Wales Programme scheduled contacts.

Bookstart is more than a physical pack ...

- Bookstart is a programme that encourages social development, early language, pre-literacy and communication skills through the enjoyment of books, stories and rhymes.



Bookstart is more than a physical pack ...

- We want Health Visitors to use this training and these resources to ensure Bookstart key messages are given to parents and carers when they receive their packs. This encouragement from a respected professional will help increase families' ability to support their child's early development through the use of books, stories and rhymes.
- Every Bookstart pack in Wales includes English and bilingual books. You can find out how to introduce Welsh from birth at <https://cymraeg.gov.wales>

Benefits of early shared reading

Bookstart aims to enable every parent and carer in Wales to inspire a love of books, rhymes and stories in babies and young children.

Why this matters:

Split into 4 groups and consider the impact of early reading on the following:

- Socio-emotional development
- Cognitive development (memory, attention, thinking)
- Language development
- Physical development

Bookstart Baby pack

- What do you notice about the books?
- Why would rhymes be important at this age?
- How could you use the guidance material within the pack?
- What could the Library Service offer new parents?



Inside the Bookstart Baby pack

The books chosen for the Baby pack will appeal to babies aged 6 months and above.

The pack includes:

- 1 English book
- 1 bilingual (English/Welsh) book



Inside the Bookstart Baby pack

Why it matters:

It's never too early to start sharing books, stories and rhymes with your child.

- The books are colourful and have engaging images and simple language that babies love.
- If parents or carers don't speak Welsh, encourage them to give it a go – they can find audio recordings of the bilingual books at bookstart.org.uk/cymru

Rhyme sheet

This sheet contains English and Welsh rhymes for parents and carers to say with their baby.

Why it matters:

- Singing rhymes and songs together is fun, and can play an important part in developing a child's language and communication skills.



Reading with your child 0–12 months booklet

This booklet is bilingual and contains tips and advice on sharing stories, books and rhymes, guidance on choosing books and information about Libraries.

Why it matters:

- The leaflet gives parents and carers more advice and information about sharing books, stories and rhymes with babies, and links to where they can find more information.



Guidance leaflets

Take Time to Talk, Listen and Play

Why it matters:

- The leaflets give parents and carers friendly tips and encouragement to take time to talk, listen and play with their children to help their child's language development and communication skills.

Find out more information about the Welsh Government Education Begins at Home campaign at:

www.facebook.com/beginsathome



Libraries leaflet

This leaflet gives parents and carers information about what Libraries can offer families, including information about rhymetimes and storytimes.

Why it matters:

- Libraries are a great place for new parents and carers to get information and support – and make new friends at rhymetime and storytime events.



Advice for gifting the Bookstart Baby pack

Discuss the books with the parent or carer. Ask if they currently read or sing rhymes and songs to their baby.

- If they do, discuss what they do and what works for them. You might want to encourage them to read regularly and develop reading/ rhyming routines, or ...
- If they don't, that's OK! Now's the time to start.

Explain how reading aloud and sharing a book can contribute to bonding, socio-emotional development, and speech and language development.

Advice for gifting the Bookstart Baby pack

Model how a book can be shared with their baby so parents/carers can see the baby's reaction. Explain what the baby can see and hear. **Engaging the baby with the pack during your visit is one of the most useful things you can do!**

Suggest how to establish a reading routine – even just 10 minutes a day after a bath and before bed, or while dinner is cooking, or finding any quiet time to cuddle up to share a book is beneficial to both baby and parents/carers. Help them identify what might work for them.

**Remember
DEMS:**

**Discuss
Explain
Model
Suggest**

Bookstart Early Years pack

It's recommended that the Bookstart Early Years packs are given out at the 27-month check.

Families should already have received the Bookstart Baby pack at 6 months and will have been encouraged to establish a simple reading routine. The Early Years pack can support families to build on this routine or give them another prompt to start reading together regularly.



Bookstart Early Years pack

- How do you think the pack contents would differ from that of the Baby pack?
- What would you want to see from a child at 27 months in terms of socio-emotional, cognitive, language and physical development?
- How would you deliver the pack differently this time?



Inside the Bookstart Early Years pack

Why it matters:

- The Bookstart Early Years pack is a gift for the child, so you can hand it directly to them and help them open it up to explore. The bag is designed for toddlers to hold and is ideal for them to carry themselves.
- Families can be encouraged to take their Bookstart bag along to the Library to fill with new books to take home.

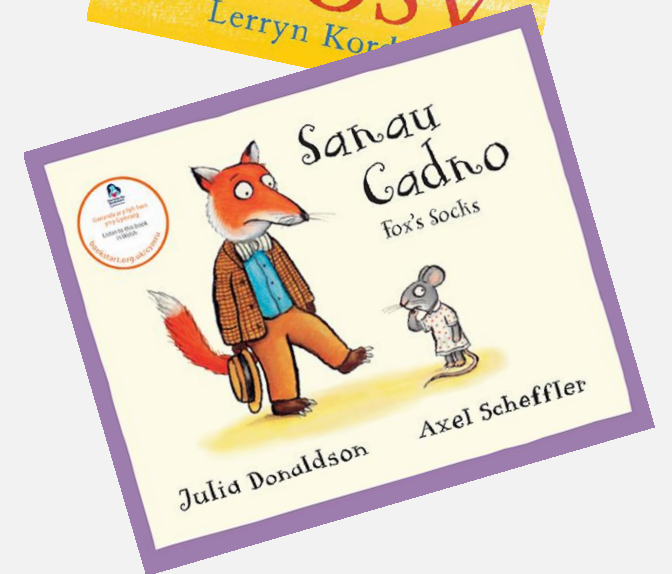
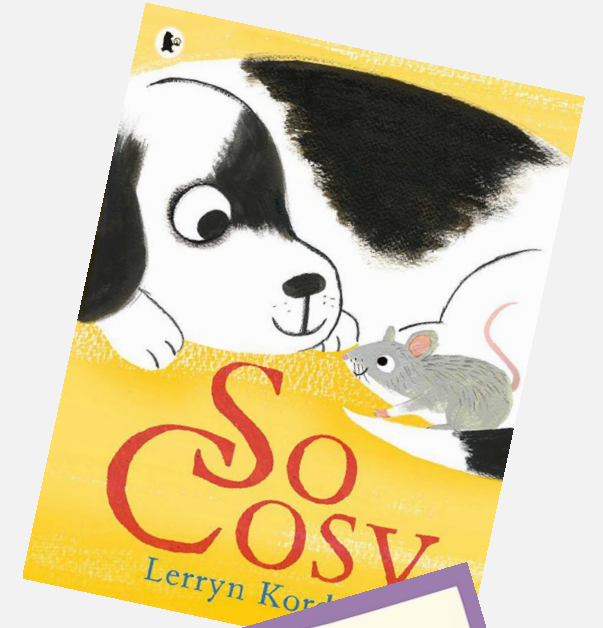


Books

These have been selected to be age-appropriate for toddlers. The books are colourful and engaging and can be enjoyed over and over again.

Why it matters:

- Spending just 10 minutes reading together every day helps your child develop social and emotional skills, and can help them grow into a confident, happy learner.
- If families aren't Welsh speakers they can listen to the book in Welsh at: www.bookstart.org.uk/cymru



Reading with your child 18–36 months booklet

Why it matters:

This booklet contains tips about how to read with your toddler and where to find more information:

- Pages 6–7: 'Look at the pictures and start talking about them'.



Reading with your child 18–36 months booklet

Why it matters:

- If you're gifting during a SOGS check you could use these images to help assess the child's ability to identify details from questions, demonstrate understanding, recognise colours and objects and to communicate what they see.
- You could also use these pages to demonstrate how to read to a toddler – looking at the pictures together, asking questions, trying to guess what might happen next.



Bookstart bear finger puppets

Families can use these puppets to bring a book to life by acting out stories and dancing and jumping over the pages.

Why it matters:

- The puppets support the 'Take time to read' initiative and can be used to help develop listening and speaking skills.



Libraries leaflet

This leaflet encourages parents and carers to go along to their local Library and choose books with their child.

Why it matters:

- Families can borrow books for free, attend child-friendly events and find books that give help and advice about dealing with tantrums, sleep routines, fussy eating, etc.

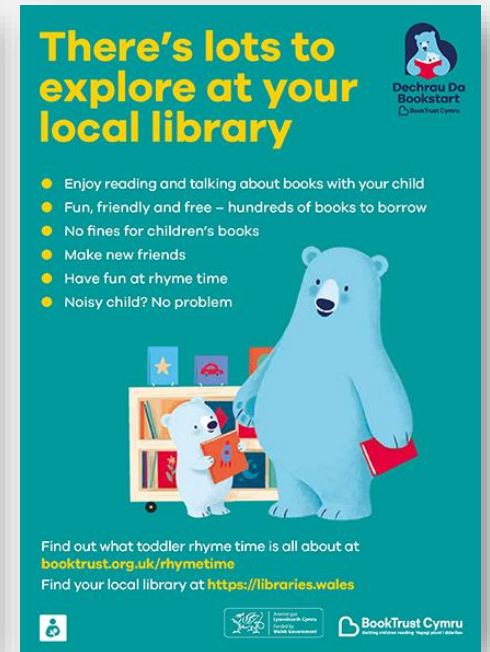


Mae gan eich llyfrgell leol lawer i'w gynnig

- Mwynhau darllen a siarad am lyfrau gyda'ch plentyn
- Difyr, cyfeillgar ac am ddim – cannoedd o lyfrau i'w benthycu
- Gwneud ffrindiau newydd
- Dim dirwyon ar lyfrau plant
- Plentyn swnllyd? Dim problem
- Cael hwyl amser rhigwm

Gallwch chi weld yn union beth ydy amser rhigwm plantos yn booktrust.org.uk/rhymetime
Chwiliwch am eich llyfrgell leol yn <https://llyfrgelloedd.cymru>

BookTrust Cymru



There's lots to explore at your local library

- Enjoy reading and talking about books with your child
- Fun, friendly and free – hundreds of books to borrow
- No fines for children's books
- Make new friends
- Have fun at rhyme time
- Noisy child? No problem

Find out what toddler rhyme time is all about at booktrust.org.uk/rhymetime
Find your local library at <https://libraries.wales>

BookTrust Cymru

Ready to learn

School starter information pack

This pack contains advice and guidance to prepare children for school, including a 'Get ready to learn' progress chart and stickers.

Why it matters:

- At 27 months families can start encouraging their child's independence by teaching them how to dress, eat and wash themselves – skills they'll need when they start school.

www.facebook.com/beginsathome

Advice for gifting the Bookstart Early Years pack

- **Discuss** the family's reading routine – ask the parent or carer when they read, and what their child's favourite book is. If families don't have books at home, you can ask how the child enjoyed their Bookstart Baby books, and signpost them to their local Library as a great place for them to choose books to enjoy together.
- **Explain** that stories, books and rhymes can help a child's development – including them in everyday routines can help their child develop the skills they need to enjoy school.

Advice for gifting the Bookstart Early Years pack

- **Model** how to choose a book and demonstrate how they could read it together – ask the parent or carer to sit down with their child and discuss the pictures and colours. Make animal noises or use funny voices to bring the story to life and make the child laugh.
- **Suggest** that parents or carers encourage their child to tell the story: What's happening in the pictures? What do they think will happen next?

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Health Visitor 'show and tell' videos

Health Visitors demonstrate the contents of the packs and give gifting tips and advice.

[Baby Pack Film](#)

[Early Years Pack film](#)



Quick quiz

[Health Visitor quiz](#)

Library Services

[Bookstart and library services partnership video](#)

- Health Visitors can signpost local Library events to their families and highlight the importance of getting out and about when babies are small, to support new parents who might be struggling with routines or who need some friendly support from other parents.
- You can find your local Library at <https://libraries.wales>