



**BookTrust**  
Getting children reading



# Bath, Book, Bed:

Simple steps to a better night's sleep



From  
**BookTrust**  
featuring  
**Daddy Pig**



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

# Welcome

## to Bath, Book, Bed:

### Three steps to a great night's sleep

Every family is preoccupied with sleep – getting babies and young children to settle after a long busy day can sometimes be a challenge, and sleep deprivation isn't good for anyone. Children who are well rested will be happier and healthier – and parents and carers will be, too! It can sometimes feel an uphill struggle to get babies and young children to sleep well at night. But did you know that **Bath, Book, Bed** is a tried and trusted way of ensuring that your little ones establish a great sleep routine?

Our **Bath, Book, Bed** campaign adopts three easy steps to a good night's sleep!



‘I’m a bit of an expert on sleeping because I’m a parent, and I **LOVE** to sleep.

So I’ll be adding my top tips on baths and bedtime stories and all the other things it takes to get Peppa and George off to bed for a good night’s sleep.’

## Daddy Pig



# Routine

**Bath, Book, Bed** is a very simple, gentle routine to help children wind down at the end of the day.

Having the same bedtime routine each evening helps children and babies to understand that it's time to wind down, time to relax. None of us like to go to bed wired and excited and children are no different.

A simple **Bath, Book, Bed** routine every night will let your baby or toddler know that it will soon be time for bed and that it's time to put the toys and games away, and cuddle up for a story, helping their brains unwind and letting their imagination soar before bedtime.

So, are you ready?

**It's time for Bath, Book, Bed.**



‘ Routines are great fun. Every night I tell Peppa and George when it's time for bed and they never stay up late, playing in their room.

Well... almost never. ’



# Bath

**Bath time is always fun with babies and children, it's a great start to a relaxing bedtime routine.**

Bath time should be lovely and relaxing. Children love to play in the bath – whether that's in an adult bath, a specially designed bath for babies, or even the kitchen sink! Make sure their necks and bodies are supported (you can hold them, or use a baby bath support – but don't take your eyes off them for even a second!). Water should be room temperature, and you don't need any bubble bath – if you do use something, make sure it's suitable for sensitive baby skin.

Babies and toddlers love to kick and splash in the bath and it can be a great time to talk about their day or simply to enjoy the moment. Keep a nice warm towel handy so that there's no shock on getting out – you want your baby or child snuggly and warm and ready for bed. But make time for brushing teeth!



Peppa and George love jumping up and down in muddy puddles.

Who doesn't?

But the tiny little problem with jumping up and down in puddles is that you can get a bit muddy. But that's no problem as that's what baths were invented for! Bath time is a time for snorts and giggles and bubbles and splashes. And we don't always flood the bathroom...



# Book

Sharing a story with your child is one of the most incredible things you can do for them. Children love stories, and sharing a book with them helps build their imagination, their vocabulary and even their confidence. Books teach them so much about the world around them – the pictures encourage them to spot details and differences, and stories help them develop knowledge, empathy and so much more. It's also precious time together that creates memories and a great bond.

There's no 'right' way to read a book – some children like to read the same page over and over; others can't wait to turn the pages. Some will like to look at the pictures first, others will want you to read the words in silly voices. What's important is that you do it your way and that you enjoy it – so choose a book you both like, cuddle up and start your adventure. The BookTrust website has lots of recommendations by age and type of book. Very young babies love black and white books that they can see really clearly and all babies like to see pictures of other babies. There are hard books, soft fabric books, even books that float in the bath. Flap books are very popular as children get a bit bigger, and you can also find books featuring children's favourite TV and film characters. Don't be scared to act the book out – babies and children love to hear your voice, and you never know, you might have a laugh too, or even discover a hidden talent!



‘ My favourite thing in the whole world is reading Peppa and George their bedtime story.

Peppa likes stories about princesses and pirates. George likes any story – as long as it's about a dinosaur.

I think Peppa and George really like my books about concrete too, but I'm not sure because they always fall asleep before I can ask them... ’



# Bed

And now it's time for bed. The great thing about a routine is that your child will know that bedtime is the next step – make it easier by creating a really peaceful environment, with toys tidied away. A dimmer switch or bedside lamp can be a great investment, creating a cosy bedtime atmosphere. Once the story is finished, make sure the lighting is low, check that last toilet trips/nappy changes are taken care of. Then it's time for cuddles and bedtime kisses – don't forget teddy!

A nightlight is a must for some children – if your child doesn't like the dark, try and use a special night light if you can, as they have amber tones that don't interfere with children's natural rhythms.

Talking is a lovely and important part of the bedtime routine, but once it's really time for bed, keep answers short and factual – children are great at delaying the inevitable final 'good night'. Make sure they feel really secure and comfortable, then let them know that it's time for sleep.

Children might well get themselves out of bed – if they do, calmly tuck them back in bed again.



‘ The trick here is for me not to fall asleep before Peppa and George.

Once they start yawning I just can't stop yawning too.

And then Mummy Pig starts to yawn. Before you know it, we are all fast asleep and snoring wonderfully loudly. ’



# Your questions answered

**Routines are great for all children, but all families are different so it's important to find a routine that works for you. Here we answer common questions from parents...**

**For more tips and advice, ask your health visitor and visit [booktrust.org.uk/bathbookbed](http://booktrust.org.uk/bathbookbed)**

## ● **My child prefers playing on my phone before bed. Can I substitute my tablet for a book?**

Phones and tablets have all sorts of fun activities that children love – from videos and games to reading apps. At bedtime, though, we recommend real books – screens can interfere with melatonin production (the sleep hormone) whereas books are great at lulling children to sleep. Books also encourage sharing and cuddling, which is a lovely way to relax your child before bed.

## ● **My toddler keeps getting up at night – how do I get them to stay put?**

Children often wake up at night – as do adults. The trick is teaching them to roll over and go back to sleep! Make sure they've been to the toilet/had a nappy change if required, then calmly and gently get them back to bed, reassure them with a quick kiss, then leave them to go back to sleep with a minimum of fuss. Eventually they'll realise that they're better off settling themselves back to sleep.

## ● **How do I find a good book to read with my toddler?**

There are so many great picture books for toddlers – from classics to new. Bookshops and libraries are great places to find a great book, and the BookTrust website has new recommendations every day. Find something you both love reading, and don't worry about reading the same book over and over again – repetition is really reassuring to children and they'll soon view the book as a trusted friend.

‘ I am a bit of an expert at problem solving – as long as the problem isn't one that involves anything practical, like say, hanging a picture on a wall or mending a radiator. But if you need an inverse quadratic equation solving, you've come to the right place!’ ’



# Product Range

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## About Us

BookTrust is the UK's largest children's reading charity. We are dedicated to getting children reading. Each year we reach 3.9 million children across the UK with books, resources and support to help develop a love of reading.

Find out more at  [booktrust.org.uk](http://booktrust.org.uk)  **BookTrust**  
 [@BookTrust](https://twitter.com/BookTrust)  [@BookTrust](https://www.instagram.com/BookTrust)

### Looking for some reading inspiration?

Our Bookfinder is packed with great books for children. It's free to use and regularly updated with the best new books. Just search by age group and theme to find the perfect read for any child.

Find your next book at: [booktrust.org.uk/bookfinder](http://booktrust.org.uk/bookfinder)



## About Daddy Pig

Daddy Pig is a brilliant daddy to Peppa and George. He's a bit of an expert at a lot of things, and parenting is just one of them!

For more expert tips from Daddy Pig read **Daddy Pig's Words of Wisdom**.

For more fun with Peppa Pig visit:

 [peppapig.com](http://peppapig.com)  **OfficialPeppaPig**  [@PeppaPig](https://twitter.com/PeppaPig)  
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