









# Why reading with your child is important

- **Reading together is great for bonding and building a strong and loving relationship with your child.**
- **The routine of sharing stories and rhymes helps your child to communicate and will support their wellbeing.**
- **Children who are read to from an early age do better when they get to school – learning rhymes and stories together will give them a flying start!**



# Time for a rhyme!

Have fun singing this rhyme with your child:

**Twinkle, twinkle, little star,  
How I wonder what you are!  
Up above the world so high,  
Like a diamond in the sky!  
Twinkle, twinkle, little star,  
How I wonder what you are!**



- **'Twinkle, Twinkle' is a perfect rhyme for bedtime – why not look up at the night sky together?**
- **Make stars with your hands – open and close your hand to show the star twinkling.**
- **Sharing rhymes every day, even for a few minutes, can also help your child grow into a reader.**

# 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.**





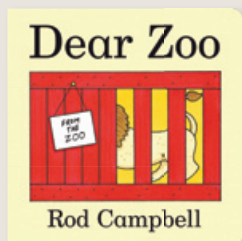
# A message from libraries in Wales

- **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)**

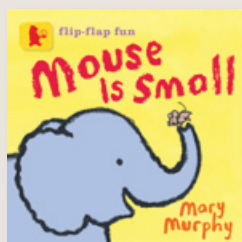


# Choosing books



## ***Dear Zoo***

A classic lift-the-flap book, in which revealing the animals from the zoo never fails to delight. Also available in a Welsh and English bilingual edition.



## ***Mouse is Small***

Mouse is small but who's the biggest of them all? Your baby will love the colourful animals and the hilarious ending.

- 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)