Bedtime

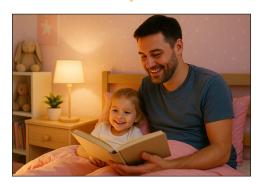
Winding down and building language

Share a book

This helps to build their words, imagination and listening skills.

Name routines and objects

Talk about what you are doing e.g. "let's brush your teeth," "here's your soft blanket."



- Bedtime is more than just sleep it's a special time to connect and talk.
- A calm, cosy routine helps your child feel safe and ready to learn.
- Talk slowly and gently to help your child hear the words and sounds as you talk.



Talk about the day

"Where did you go and who did you see?"

Sing a lullaby or rhyme

This helps your child learn rhythm and rhymes.