

Share Bedtime Stories

Outcome: When you read a book with your child, you give them your complete attention, which helps them feel secure and loved. Focused time together provides an opportunity for you to listen to and understand your child's feelings and help them learn empathy. It also helps you to form a bond with your child, which will play a vital role in their long-term ability to maintain long-lasting relationships.

Materials Needed: An age-appropriate book or story from your child.

How:

Spend quality time with your child by reading books before bedtime to strengthen the bond between you. Through stories, you can help your child understand emotions, build their language skills, and encourage creativity and imagination.

- When setting up your child's bedtime routine, include reading books or making up stories.

You and your child can take turns making up stories to tell each other.

- Once your book is finished or the story is complete, you and your child can spend a little time discussing it or reviewing the storyline.

Don't be afraid to stop during the story if your child has a question or you are not sure they can understand certain words yet.