



## 5 Benefits of Bedtime Stories

### 1. Bedtime stories give children and parents valuable bonding time.

As working parents, we often feel so much guilt over how much of our children's lives we miss out on. Then there's the hustle and bustle of soccer practice, dinner time, homework, and baths, so that bedtime is often one more rushed part of a crazy day. By slowing down and reading **to and with** your child, you'll gain precious moments of cuddles and togetherness that you would've otherwise missed out on.

### 2. Bedtime stories help improve children's reading skills.

Who doesn't want their child to be a great reader? By hearing you model fluent reading and expression, your child will improve in his or her own reading. You can even take turns reading pages to your child and having them read to you. This will keep your child from being tired out by the session and will give you an opportunity to hear how your child is progressing as a reader while giving them valuable practice in a non-threatening read-aloud session.

### 3. Bedtime stories help develop children's vocabularies and background knowledge.

Your child can often understand the meaning of words long before he or she can actually decode and read them independently. Children will pick up on context clues and determine the meaning of new words as you read to them. This is especially true if you choose some books that are above your child's reading level to read to them during bedtime stories. Of course, the book needs to be interesting and hold your child's attention. But it doesn't have to be on their reading level if

**you** are the one reading to them. As your child is exposed to new ideas and new words in these nightly reading sessions, his background knowledge will increase as well.

#### 4. Bedtime stories encourage a genuine love of reading.

Children who are read to and with regularly by their parents will have positive associations when it comes to books. Reading will invoke happy memories, and books will be associated with love. We all want our children to love reading....to **genuinely** love reading. So, read them bedtime stories!

#### 5. Bedtime stories establish a routine and set children up for a good night's sleep.

Children need a nightly routine. They need to know what is expected and what is coming next. . Getting your children into the habit of following nighttime procedures will make bedtime much less stressful, and everyone (including YOU!) will be calm and relaxed at bedtime. After bath time and tooth brushing, snuggle up for a good book (or three!).