

Bedtime

Winding down and
building language

Share a book

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



- 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?"

Name routines and objects

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

Sing a lullaby or rhyme

This helps your child learn rhythm and rhymes.



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