



Bath, Book, Bed:

Simple steps to a better night's sleep



Including tips from
parenting expert

Jo Frost and
featuring
Daddy Pig



booktrust.org.uk



Welcome

to Bath, Book, Bed:

Three steps to a great sleep routine

We know that sleep is a number one concern for new (and not so new) families. Bath, Book, Bed is a tried and trusted way of ensuring that your little ones establish a great sleep routine - and that means you can get some rest yourself.

It's why I've teamed up with BookTrust on their **Bath, Book, Bed** campaign.

For more tips and ideas, visit [W booktrust.org.uk/bathbookbed](https://www.booktrust.org.uk/bathbookbed)

Don't forget to share your tips and ideas too!

[@BookTrust](https://twitter.com/BookTrust) [#BathBookBed](https://twitter.com/BookTrust)

Jo Frost

BookTrust
Ambassador

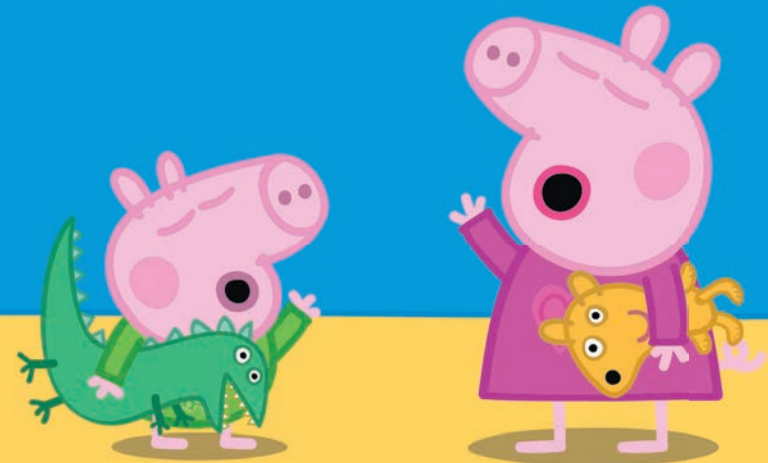


‘ I’m a bit of an expert on sleeping because I’m a parent, and I **LOVE** to sleep.

So I’ll be adding my top tips on baths and bedtime stories and all the other things it takes to get Peppa and George off to bed for a good night’s sleep. ’

Daddy Pig

BookTrust Sleep Expert





Routine

Routine is the framework of a family's day. Some people like to manage it by the minute and others are more flexible.

Children thrive on structure to their day. It fosters stability, creativity and consistency because when they know what's going on in their day, it helps them to feel like they are a part of it.

Having the same bedtime routine every night helps signal to children that it's time to wind down, time to relax. Sending a child to bed when they're excited and hyper is never going to go well!

Simple routines make life easier for your baby, toddler or child. The repetition gives them a sense of knowing which will always make them feel safe as they are getting ready for bed.

So, are you ready?
**It's time for
Bath, Book, Bed.**



‘ Routines are great fun. Every night I tell Peppa and George when it's time for bed and they never stay up late, playing in their room.

Well... almost never. ’





Bath

I always like to start the bedtime routine with a bath. Warm water can be incredibly soothing and of course, children always love splashing around and chatting (or babbling!) at the end of a busy day.

First things first: babies can be bathed in a separate bathtub, an adult bath or if big enough, the kitchen sink - what matters is that their necks and bodies are always supported with your hands. You can hold them or you can buy a special baby bath that supports them, but either way, never take your eyes off them for a minute! Water should be warm not hot, and bubble bath really isn't required - if you want to use any products make sure they are very gentle on baby's skin.

Let your baby kick, or your children splash and play; bath time is a beautiful time to connect and bond with your child. Baby massage if you're so inclined, or simply snuggle up as you wrap your children in a big, warm towel. Not everyone wants to give their children a bath every day and that's absolutely fine. However, hygiene is a must, so instead focus on brushing teeth, detangling curly tot hair and washing face and body parts with a flannel; it's the ritual that counts.



Peppa and George love jumping up and down in muddy puddles.

Who doesn't?

But the tiny little problem with jumping up and down in puddles is that you can get a bit muddy.

But that's no problem as that's what baths were invented for! Bath time is a time for snorts and giggles and bubbles and splashes. And we don't always flood the bathroom...'





Book

Sharing a story with your child is a magical experience. It's also one of the most important activities you can do with them. Children get so much out of listening to you read: their vocabulary expands, their imagination develops, they feel more confident and build real self-esteem as they learn so much about the world around them.

Young children like to be all cosy as they look at the pictures when you turn the pages of a book (better still, let them turn the pages themselves). Soft books or hard books with buttons to press or flaps to lift are brilliant for babies and toddlers; as children get older, look for fun picture books. It doesn't matter what you read - books about princesses, dragons, tractors or farms are all fantastic! What matters is that you bring the book to life - and that means not worrying about looking silly! Use animated voices for the characters, make the sounds of the engines, giggle at the jokes... This is a precious time for you and your child to bond over a story that you can make your own.

And if you run out of ideas, head to your local library where there are hundreds of picture books to choose from, or visit the BookTrust website where there are lots of recommendations by age, subject and theme.



‘ My favourite thing in the whole world is reading Peppa and George their bedtime story.

Peppa likes stories about princesses and pirates. George likes any story - as long as it's about a dinosaur.

I think Peppa and George really like my books about concrete too, but I'm not sure because they always fall asleep before I can ask them... ’





Bed

And now it's bedtime. The trick with bedtime is to create a calm environment with toys tidied away. Once the story is finished, dim or turn lights off so your child knows that it's time to go to sleep. Make sure they've done potty trips and nappies are dry. Don't forget teddy or other favourite cuddlies and finally it's kisses and cuddles and an 'I love you'.

Some children find night lights reassuring; that's fine, but make sure you get a special night light with amber tones as leaving a lamp on all night can affect their natural rhythms and stop them sleeping so well.

Establish a healthy boundary by explaining that it is now bedtime. If they ask you a question feel free to answer it but, if you recognise the discussion as a delay tactic, then do let them know that conversations can be had in the morning over breakfast.

The more you are in tune with what your child needs to sleep and feel secure at night, and the more prepared in advance you are, the greater success you'll have. But if they do get out of bed, calmly tuck them back in again.



‘The trick here is for me not to fall asleep before Peppa and George.

Once they start yawning I just can't stop yawning too.

And then Mummy Pig starts to yawn. Before you know it, we are all fast asleep and snoring wonderfully loudly. ’





Your questions answered

It's easy to describe a good routine, but not always easy to get it working in practice. So, here are some of the questions I get asked by worried parents/carers.

For more tips and advice, ask your health visitor and visit booktrust.org.uk/bathbookbed

● **My child prefers playing on my tablet to reading. Can I substitute my tablet for a book?**

There are some fantastic educational games that children love to play but at bedtime, books are better than digital activity. Evidence suggests that books (and being read to by a grown up) have a calming effect on our brains, whereas lit screens and digital activity can create excitement and wake us up.

● **I can get my toddler to sleep, but I can't get them to stay in bed - what do I do?**

It's natural for some toddlers to wake up later in the night. When they get up, return them to their own bed after you've made sure they don't need the toilet or a nappy change. You can give them a drink of water if they need it but put the emphasis on getting them back to bed as soon as possible with a minimum of fuss or reward, and with little conversation. Over time, they'll realise that there's no benefit for them in getting up and they'll start to settle themselves if they wake up.



‘ I am a bit of an expert at problem solving - as long as the problem isn't one that involves anything practical, like say, hanging a picture on a wall or mending a radiator.

But if you need an inverse quadratic equation solving, you've come to the right place! ’





About Us

BookTrust is the UK's largest children's reading charity. We work to inspire a love of reading in children because we know that reading can transform lives.

Each year we reach **3.4 million children** across the UK with books, resources and support to help develop a love of reading. Every parent receives a BookTrust book in their baby's first year.

Find out more at:

-  booktrust.org.uk
-  [BookTrust](#)
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Looking for some reading inspiration?

Our Bookfinder is packed with great books for children. It's free to use and regularly updated with the best new books. Just search by age group and theme to find the perfect read for any child.

Find your next book at:

 booktrust.org.uk/bookfinder



About Jo Frost

TV parenting expert Jo Frost has been on our screens for over 15 years giving guidance and education to families all over the world.

She is also a bestselling author of six books on parenting.

Find out more at  jofrost.com,  [@Jo_Frost](#),
 [Jo Frost](#) and  [Nanny Jo Productions](#)



About Daddy Pig

Daddy Pig is a brilliant daddy to Peppa and George. He's a bit of an expert at a lot of things, and parenting is just one of them!

For more expert tips from Daddy Pig read **Daddy Pig's Words of Wisdom**.

For more fun with Peppa Pig visit:

-  peppapig.com
-  [OfficialPeppaPig](#)
-  [Peppa Pig – Official Channel](#)
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A special thank you to
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Good Night...



...Sweet Dreams



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