

Gifting Advice for the Bookbug Baby and Toddler Bags



Bookbug encourages parents and carers to talk, cuddle, sing and share stories and rhymes with their children from birth.

All babies and children in Scotland are entitled to four Bookbug Bags as babies, toddlers, at nursery (aged 3) and in Primary 1.

Health Visiting teams are responsible for gifting the first two bags:

- **Bookbug Baby Bag** (gifted at 3–5 weeks*)
- **Bookbug Toddler Bag** (gifted at 13–15 months*)

** As suggested in the Universal Health Visiting Pathway in Scotland*

Please have a good look at what's inside the Bookbug Bags and show them to parents. The contents change every year.

Important messages to give to parents

Please talk to mums, dads and carers about the books and resources in their Bookbug Bag. If you talk to them about the benefits of sharing books, songs and rhymes they are more likely to use the bags.

Please tell them:

- It's never too early to share books with your baby.
- Attachment is an invisible bond your baby develops to you. Keep it strong by responding sensitively, consistently and lovingly.
- Your child loves the sound of your voice and is tuned in to it from birth. Talk and sing to them and wait for them to respond.
- Sharing books can calm and soothe your baby or child; it's the perfect chance for cuddles at any time of day.
- Talk about the pictures if you're not confident with reading.
- It's good for your baby or toddler's brain development – sharing books, songs and rhymes helps speech and language development and lays the building blocks of learning to read.
- Relax and enjoy, it'll help you feel good too.

Please talk about libraries to encourage families to:

- Join their local library and borrow books for babies and children for free. Babies and children can have library cards of their own.
- Go along to Bookbug Sessions – free sessions of stories, songs and rhymes for children from birth to 4 years and their families. Tell families about Bookbug Sessions in your area: scottishbooktrust.com/localbookbugsessions.

Gifting advice film

Health staff are crucial in introducing families to Bookbug. Listen to Sir Harry Burns (Strathclyde University) talk about the importance of your role:

scottishbooktrust.com/gifting-advice.

Watch and share films of dads and mums reading books to their newborn babies and toddlers with colleagues and families at:

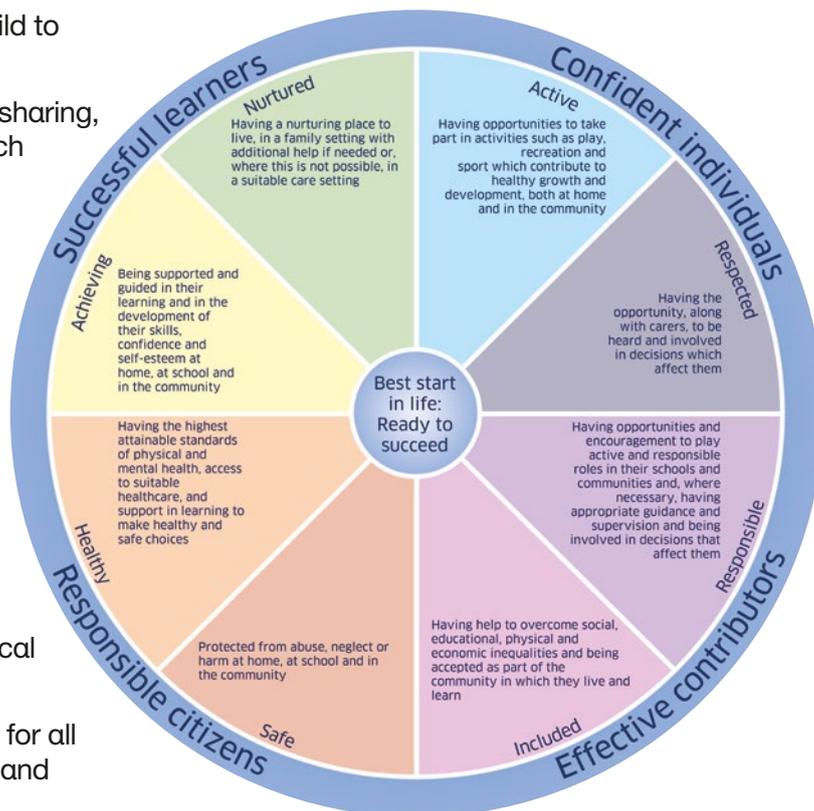
scottishbooktrust.com/bookbug-bag-videos.



Bookbug and Getting it Right for Every Child

The Bookbug programme supports every child to have the best start in life, for example:

- **Healthy** Bookbug promotes early book-sharing, with huge benefits for attachment, speech and language development and infant mental health.
- **Achieving** Bookbug promotes an early love of books and reading, the pathway to learning and literacy achievement. Bookbug Sessions help parents/carers get more involved in their child's learning and development.
- **Nurtured** Bookbug books and resources promote 'cuddle time', leading to better attachment.
- **Active** Bookbug song and rhyme sessions for 0-4s embed play and physical activity into daily routine.
- **Included** Bookbug is a universal service for all children. Bookbug Sessions offer a safe and inclusive learning environment.



Reading and health

Early book-sharing promotes attachment, speech and language development and infant mental health. Bookbug is an evidence informed programme, underpinned by research, and links firmly into Scottish Government parenting and early years policies. Find out more at: scottishbooktrust.com/research.

play@home

Bookbug works in partnership with NHS Health Scotland and its book-based play@home programme. For further information on play@home, email nhs.HealthScotland-playathome@nhs.net.

Help for adults who struggle with literacy or numeracy

For adults who struggle with reading, writing or numbers, The Big Plus can help. Help is free, and available across Scotland with local tutors. Call **0800 917 8000** or visit thebigplus.com.

Families with additional support needs

For children and families with additional support needs, Bookbug can provide tactile books in addition to the four free Bookbug Bags. Request these from your local Bookbug Co-ordinator.

Gaelic Bookbug

Gaelic versions of the Bookbug Bags are available for families interested in Gaelic, and should be gifted in addition to the English versions. Request these from your local Bookbug Co-ordinator.

More information about Bookbug

If you have any questions about your local Bookbug programme, please get in touch with your local Bookbug Co-ordinator. Find their details at: scottishbooktrust.com/bookbug/local.

Alternatively you can contact Scottish Book Trust's Early Years team on **0131 524 0179**, email bookbug@scottishbooktrust.com or visit scottishbooktrust.com/bookbug.