

Gifting Advice for Bookbug Baby and Toddler Bags



Thank you for helping us to spread the joy of sharing books and encouraging 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 specified 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 – start today!
- Sharing stories, songs and rhymes is a great way to support attachment. Attachment is an invisible bond that your baby forms with you.
- 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.
- Sharing books, songs and rhymes is good for your baby or toddler's brain development as they help speech and language development and lay 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) explain the added impact that health visitors give to the Bookbug Bags: scottishbooktrust.com/gifting-advice.

Watch these films of dads and mums reading the books from the Bookbug Bags to their newborn babies and toddlers. Share the films with colleagues and families at: scottishbooktrust.com/bookbug-bag-videos.





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 is directly linked to the Universal Health Visiting Pathway, and the Scottish Government's 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.

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.

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 and find more tips and information at scottishbooktrust.com/bookbug/asn.

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.

Need more bags?

If you need to order more Bookbug Bags, would like to request tactile books for any families you work with or 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.

*Photos by Rachel Hein and Jonathan Ley,
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