

Bath, Book, Bed at

Barrow Library

Sweet dreams start with a simple routine

Nearly 80% of parents say lack of sleep is the hardest part of raising a child, according to BookTrust, which has surveyed a thousand parents as part of its Bath Book Bed campaign.

Bath Book Bed, is a campaign which encourages parents to make reading part of their baby’s sleep routine.

According to the survey, 78% of parents said lack of sleep is what they find hardest, and more than a third (35%) said getting their child to sleep is the biggest challenge. Three in five (60%) said they want guidance on achieving a successful night-time routine.

Cathy Fidler, Community Services Officer at Barrow Library said: "Sleep deprivation is a very common complaint I hear from parents of young children visiting the library. A routine as simple as bath, book, bed can help families get a good bedtime routine established at home plus nothing is better than snuggling up and sharing a story with your children."

Bath, Book & Bed Story Sessions will run at Barrow Libraries from

**Monday 24th to Friday 28th April**, **4pm – 4:45pm**

These family sessions are free, fun and friendly, they last around 45 minutes and includes a range of bedtime stories and rhymes. The sessions take place in a very relaxed environment and are a great opportunity to spend some quality time with your little one.

Emma Broadbent, CSO at Barrow said, “Children are never too young to listen to stories, it helps to develop their language skills from a very early age and this will encourage them to learn the joys of reading. The time you spend reading with your child is very special and it is something that they will remember and appreciate when they are grown up."

Join us for our ‘Bath, Book, Bed’ story sessions at Barrow Library on **Monday 24th – Friday 28th April**, **4pm – 4:45pm**

Please come in your pyjamas & bring a favourite teddy to snuggle with!

**Telephone 01229 407373 to book a place today**

More information about Barrow Library can be found at [www.cumbria.gov.uk/libraries](http://www.cumbria.gov.uk/libraries)

#BathBookBed