



Top 10 Hints and Tips for Enjoying Quiet Reading Time...

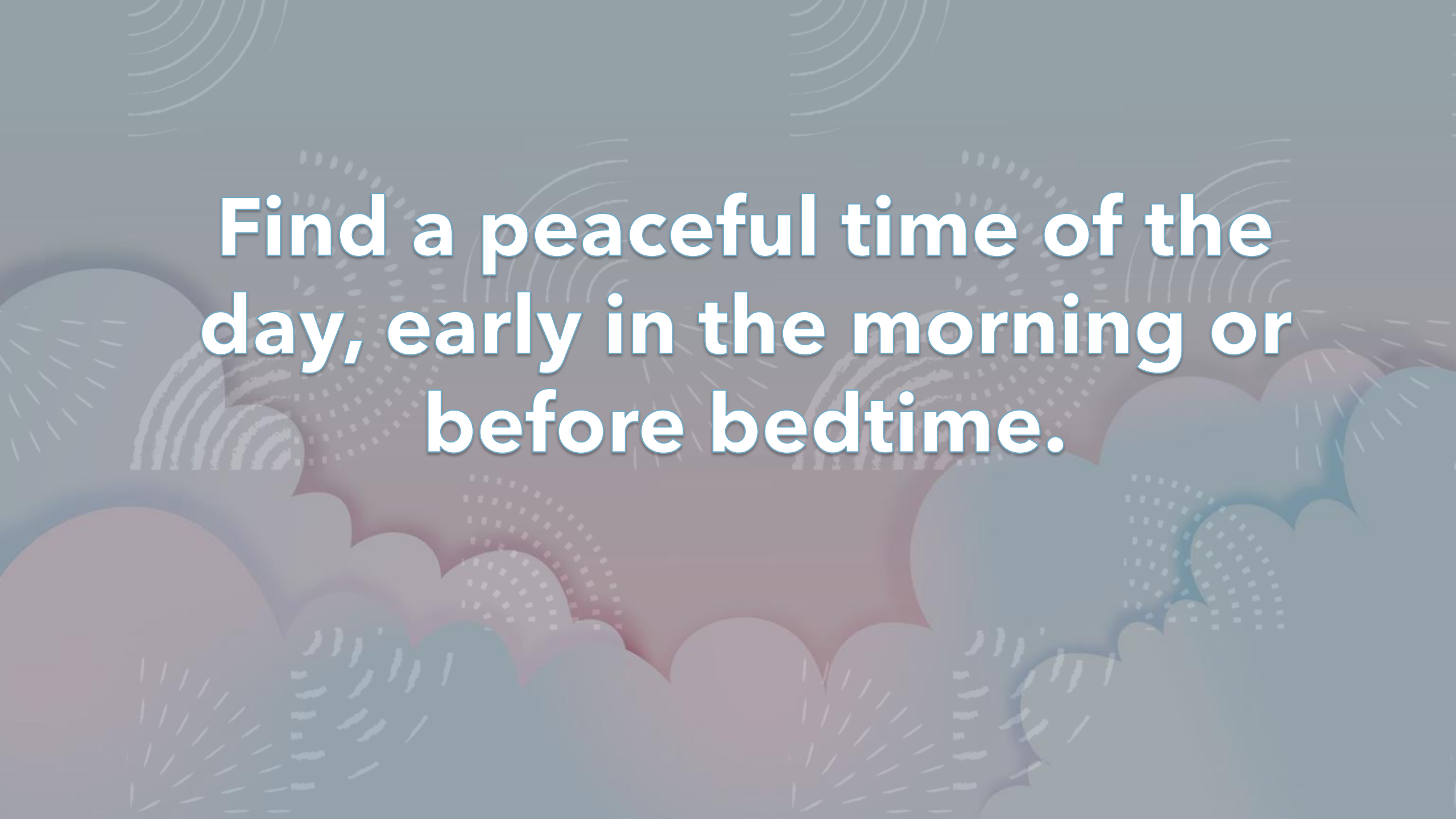


*A book is a dream that
you hold in your hands.*





Try to read everyday.




Find a peaceful time of the day, early in the morning or before bedtime.

**Make yourself comfortable
on the sofa, in bed or
perhaps in your own
reading den. A calming
room spray may also help
you relax.**



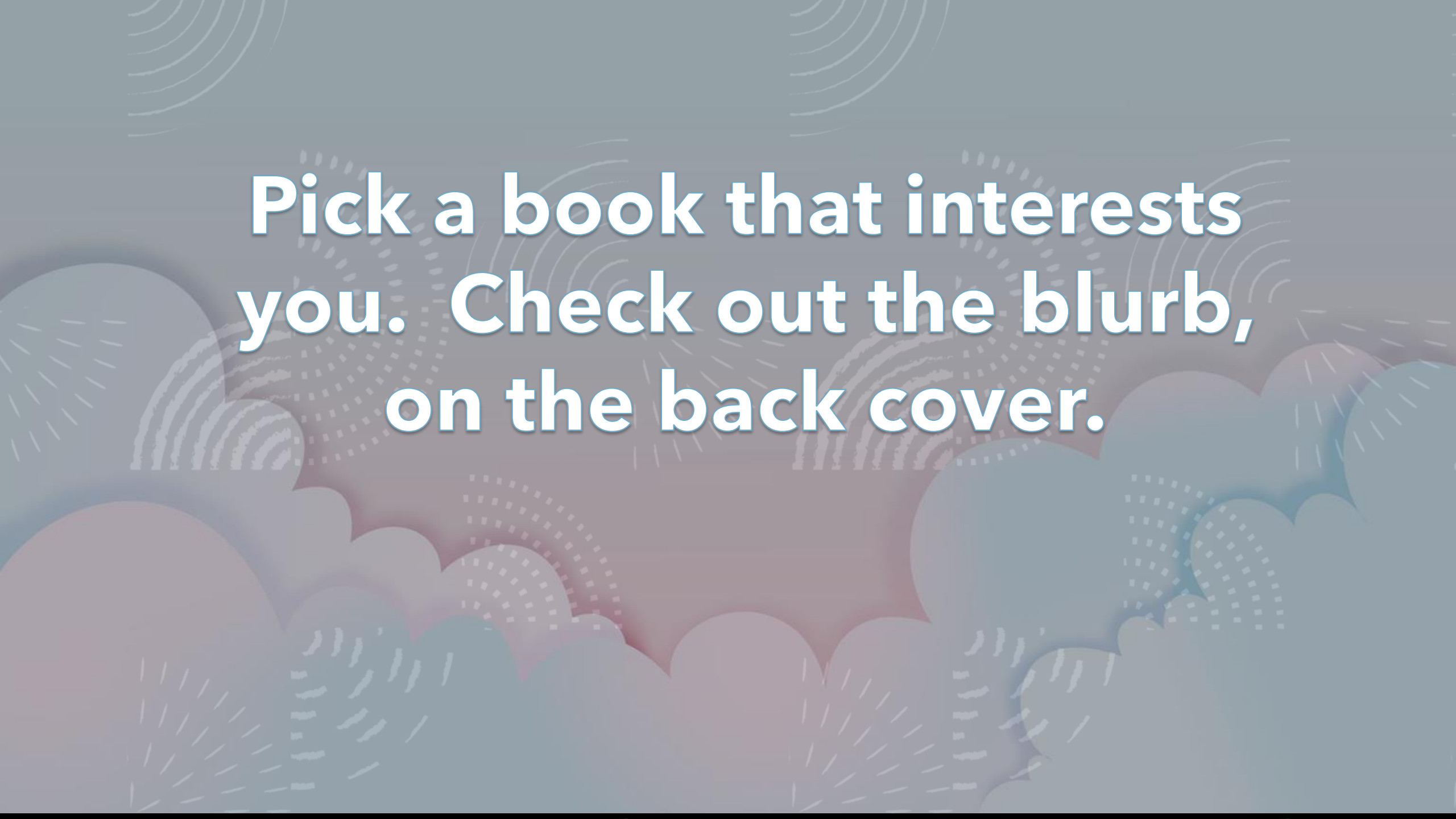
**Put away phones, iPads,
games consoles etc.**



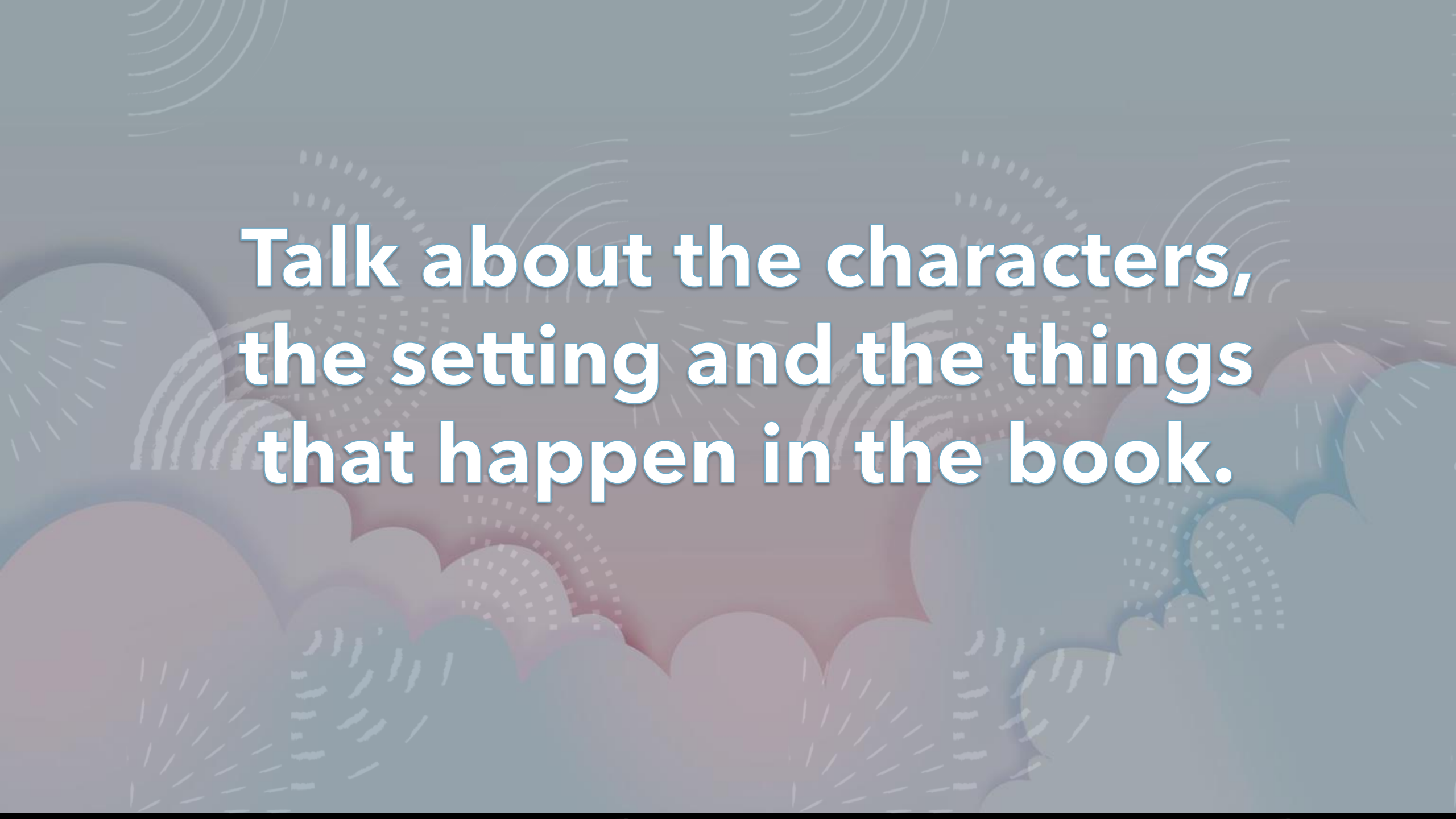
**Read with a family
member, or friend.**

Make sure you have enough light. A lamp, fairy lights or a torch is good. If you need glasses for reading, wear them!

**When choosing a book:
think about authors you
like, use recommended
book lists or read a book
that a like-minded friend
has suggested.**



**Pick a book that interests
you. Check out the blurb,
on the back cover.**



**Talk about the characters,
the setting and the things
that happen in the book.**