

Bedtime

Talk--'I enjoy you reading me stories at bedtime either books or ones you make up.'

Play--'When we have some time together to play before I go to sleep, is a great end to the day'.

Relax--'I like it when the lights are low and you make me comfortable in bed.'

Cuddle/Engage--'When you sit close to me and read a story it makes me feel special and loved.'

Respond--'I like it when you listen to me talking and make me feel safe.'



BRISTOL CITY COUNCIL

