



Yiayia's Bedtime Reading Guide

A soft, cosy way to end the day with your little dreamer



This guide was created with love, warmth, and moonlit calm – to help you read gently with your sensitive child, honouring their feelings, their pace, and their beautiful tender heart.

Inside, Yiayia shares:

- How to create a cosy reading space
- How to read slowly, softly, and safely
- How to support emotional moments
- How to end storytime with calm and connection

Let this guide be a lantern – glowing softly as you wander through bedtime together.



1. Begin with a Slow Settle

Before opening any book, let the day soften.

- Dim the lights • Put away noisy toys
- Let the room feel warm and safe
- Take one gentle breath together

“We must settle our hearts before we settle our eyes.” — Yiayia



2. Choose a Gentle Story

Pick a book that whispers, not shouts.
Something slow, soft, and safe.
The Sleepy Garden Storybook is perfect for
bedtime calm.



3. Read Slowly, Like a Lullaby

Bedtime reading is not about finishing – it's about feeling.

- Turn pages gently
- Pause at glowing illustrations
 - Let your voice drift softly
- Give your child time to wonder

“Never rush magic.” – Yiayia



4. Invite Tiny Moments of Connection

Ask soft questions:

- “What do you think Pip is feeling?”
- “Does Snoozle’s cosy hum make you sleepy too?”
- “Which part feels warm in your heart?”

Let your child feel heard and safe.



5. End with a Gentle Closing Ritual

When the story ends, the quiet begins.

- Close the book slowly
- Place your hand over your child's heart
- Whisper a tiny wish for their dreams

"May your dreams be gentle, may your heart be calm." — Yiayia



6. Keep the Night Soft

No bright lights.
No sudden noises.
Just warmth, closeness, and quiet
glow.



A Final Word from Yiayia

Bedtime is a gift – a moment of magic and connection. Let the Sleepy Garden guide your little one into peaceful dreams.



A Soft Goodnight from Yiayia

Thank you, my sweet ones, for wandering through this gentle guide. Yiayia hopes your storytime moments feel calmer, warmer, and filled with tiny sparks of magic.

Sensitive children are moon-petal souls – tender, bright, and full of wonder. May your evenings be slow, your stories be soft, and your hearts be held gently.

If you ever need more bedtime magic, the Sleepy Garden is always waiting with glowing lanterns and cosy friends.

Sleepy Garden Story World

