Learning at bedtime

Everyday learning with your child • Ages 3–5

Talk, notice and try things together. Quiet moments together can build big skills.



Connect at the end of the day

A familiar story, a gentle chat and a comforting routine help you enjoy time together before saying goodnight.

Use Urdu, Punjabi or another home language. Include the stories, songs and prayers that matter to your family.

Share a favourite story

Look at pictures and read or tell the story together. Pause for your child's ideas. Enjoy favourite books again and again.

"How is the character feeling? What might happen next?"

Remember your day

Talk about one thing you did together. Help your child put events in order using first, next and then. Listen without rushing.

"First we went to school. What did we do afterwards?"

Talk about feelings

Name happy, worried, excited or sad feelings. Let your child share what is on their mind. Offer comfort and notice their efforts.

"What made you smile today? Is anything worrying you?"

Count and notice patterns

Count a few stars in a picture or toys as you tidy them away. Notice a simple pattern on pyjamas or a blanket. Keep it gentle and short.

"Stripe, spot, stripe, spot. What comes next?"

Grow bedtime independence

Give time to put on pyjamas, put clothes away and choose a book. Talk through your toileting, handwashing and toothbrushing routine.

"Pyjamas on, then choose a story. What can you do yourself?"

Give thanks and say goodnight

If part of your routine, share a familiar bedtime du'a. Explain its meaning simply. Invite your child to name something they are thankful for.

"What would you like to thank Allah for today?"

Make it right for your child

Start simple: choose a book, name a feeling or remember one thing from today.
Add a challenge: retell a story, explain a character's feelings or sequence your day.

Keep it calm and cosy. Connection matters more than completing every activity.

Choose one or two quiet ideas within your usual routine. Follow your child's cues and leave lively games for daytime. Adapt activities and prayers to your family's needs.

St. Philip's CE Primary Academy
Working Together