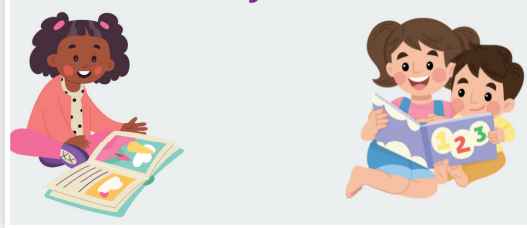




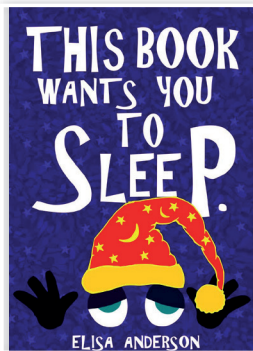
# Build a Lifelong Love of Reading

**I**t is never too early to start reading to your child and building a little book lover. Focus on reading as a fun activity, not something that needs to be done to build skill. Don't overestimate your child's reading ability or push them to read harder books. Students who read for pleasure are more likely to do well in a wide range of subjects at school. Reading for pleasure can drop off in secondary school but if they have a strong focus on love for reading, the habit will come back.

"Let children read whatever they want and then talk about it with them"  
Judy Blume

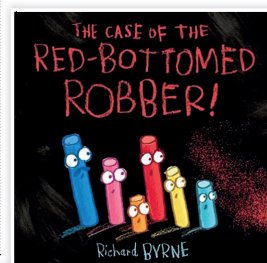


**This Book Wants You to Sleep** by Elisa Anderson



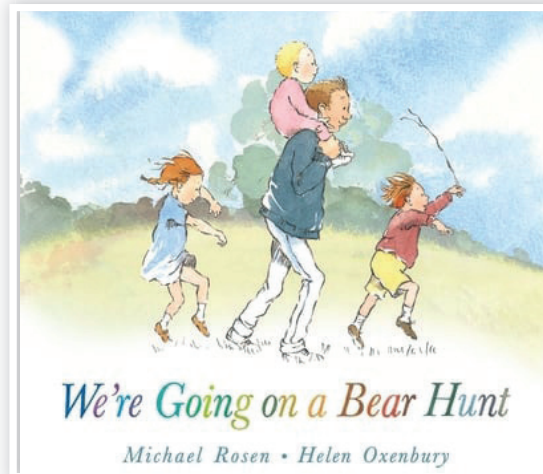
A fun, interactive tale, that will fart you to sleep. This silly story is a winner for any child who is in the bathroom humour phase. Isn't that all of them?

**The Case of the Red Bottomed Robber** by Richard Byrne.



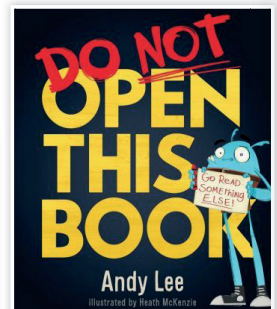
text is sure to lull any child to sleep.

**We're Going on Bear Hunt** by Michael Rosen.



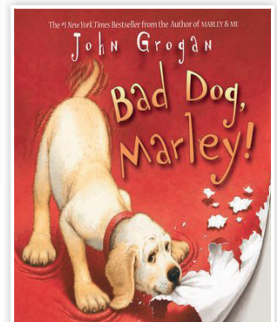
This is a classic, for good reason. Available in board book, sound book, activity book and the traditional picture book format.

**Do Not Open This Book** by Andy Lee



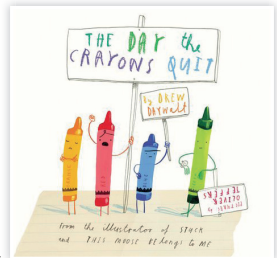
A ridiculously funny story for kids, big and small. Do you dare open this book?

**Bad Dog, Marley** by John Grogan



A heart-warming picture book about the world's worst dog, inspired by John Grogan's bestselling memoir 'Marley and Me'.

**The Day the Crayons Quit** by Drew Daywalt.



Duncan's crayons quit, leaving only letters of complaint in their box. A firm favourite of librarians, parents and children.



**Your gut health - tips on how to eat to beat disease** by Dr Annmarie Eustace Ryan

**Bolt Bike information session and demonstration**

Irish Heart Foundation Mobile Unit will visit Cas-

Keep an eye on the Healthy Ireland section of our library website [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie) for up to date events and information.

Make sure you are signed up to our monthly newsletter so you won't miss out on

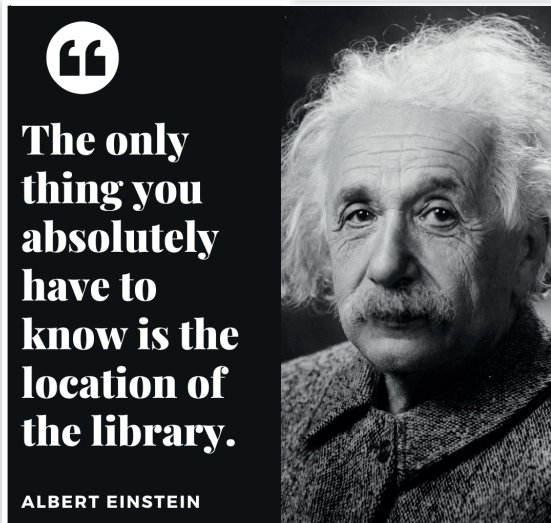
**Healthy Ireland at your Library**



The Healthy Ireland at Your Library service is available in all local libraries across the country

## STRUGGLING READERS

Children struggle with reading for different reasons but one of the most common is dyslexia, with 1 in ten people in Ireland affected. The library has resources that can help: dyslexia-friendly titles, hi-lo readers, C-Pens, books on CD and Borrowbox. Reading a physical book while listening to the audio version makes reading a more relaxing experience. There is a huge selection of audiobooks on Borrowbox.

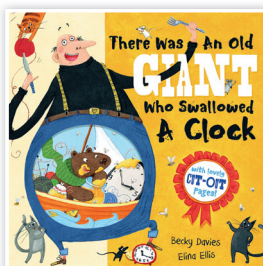


**The only thing you absolutely have to know is the location of the library.**

ALBERT EINSTEIN

## Staff Recommendations

**There Was an Old Giant Who Swallowed a Clock** by Becky Davies.



A hilarious retelling of the classic nursery rhyme 'There Was an Old Lady Who Swallowed a Fly' with rhyming and repetition, which children love!

A group of chalk, return to their blackboard after a busy morning of drawing to discover that someone has stolen their pictures. An investigation ensues.

**A Book of Sleep** by Il Sung Na.



Join the owl on his moonlit journey as he watches all the other animals settle in for the night. The soothing

The Healthy Ireland at Your Library programme continues to contribute to improve the health, wellbeing, and overall quality of life of communities and individuals at all life stages. These are just some of the events we have held in Kilkenny Library branches this year so far under the Healthy Ireland at your library banner.



## LEAD BY EXAMPLE

Read your own books in front of your children. Most importantly, VISIT THE LIBRARY! Members can borrow up to 12 books for 3 weeks. Come along to events like Storytime & Craft or author visits. Upcoming events are posted on our website and social media. It's YOUR library, so use it and get children using it. It's all free!



Paul Bolger, Nano Physiotherapy

**Talks on exercise and ageing** by Paul Bolger Nano Physiotherapy

tlecomer Library in June this year

All our library branches have information and contact details for Mental Health Ireland services. You can pick up a pocket guide on Anxiety, Stress and Recovery in any of our branches today.

any of our events. Ask in any of our library branches for more information.

