

# The 10-Minute Storytime Guide

*A simple way to turn bedtime into the best part of the day*

Let's be honest.

Bedtime with kids can sometimes feel like a full negotiation.

One more drink of water. One more hug. One more question. One more story.

But here's the secret most parents discover:

Kids don't just want to delay bedtime. They want **connection**.

A short, fun storytime can give them exactly that — and it only takes **10 minutes**.

Here's a simple routine you can use every night.

## **Step 1: Set the Scene (2 minutes)**

Before the story even begins, create a little calm.

Dim the lights. Turn off the TV. Let the room feel cozy.

Kids love routines. When the lights go low and the storybook comes out, their brain starts to recognize:

**“Okay... it's storytime.”**

## **Step 2: Let Your Child Pick the Story (1 minute)**

Kids love having a little control.

Let them choose the book, the story, or even the character.

Sometimes they'll want the same story every night. That's normal.

Kids love repetition because it helps them feel safe and confident.

## **Step 3: Make the Story Come Alive (4 minutes)**

You don't have to be a professional storyteller. Just have fun with it.

- silly voices for characters

- dramatic pauses
- funny sound effects
- exaggerated reactions

If a character whispers... whisper.

If a character shouts... shout.

Your child will love it.

Storytime isn't about perfection. It's about **imagination**.

## **Step 4: Ask One Fun Question (2 minutes)**

When the story ends, ask one simple question.

- "What was the funniest part?"
- "What would you do if you were that character?"
- "Who was the sneakiest in the story?"

This helps kids think creatively, express themselves, and connect with the story.

And sometimes their answers are hilarious.

## **Step 5: End With a Smile (1 minute)**

Finish storytime with something warm.

A hug. A kiss. A simple phrase like:

**"That was a good story tonight."**

These small moments become the memories kids carry with them.

## **Why Storytime Matters**

Storytime does more than entertain kids.

It helps them build imagination, develop language skills, feel emotionally safe, and bond with their parents.

And most importantly...

It gives you both a few minutes to laugh, imagine, and be together.

## **A Little Tip from Caritales**

The best stories usually include a little **H.I.M.**

**Humor** – because kids remember stories that make them laugh.

**Inspiration** – because stories help kids dream big.

**Mischief** – because every childhood has a little bit of it.

That's the spirit behind every Caritales story.

## **Want a Free Bedtime Story?**

If your child enjoys funny, imaginative stories, we'd love to share one with you.

Download a **free Caritales bedtime story** and start tonight's storytime with a little Humor, Inspiration, and Mischief.

Sweet dreams.