



FOR GROWN-UPS

Bedtime Reading Guide

Simple ways to make a Poppy story part of your bedtime routine, and gentle questions to talk about afterwards.

A calm story routine

- 1 Same time, same place.** A story at the same point in the routine each night (after teeth, in bed) helps children know sleep is coming.
- 2 Let them choose, from two.** Offer a choice of two books. It gives a sense of control without a long debate.
- 3 Dim the lights and slow down.** Read a little slower and quieter than in the daytime. Pause on the pictures.
- 4 Re-reading is good.** Asking for the same story again is normal and helpful: children enjoy knowing what comes next and join in with the words.
- 5 Keep the talk soft.** One or two questions is plenty. If they're sleepy, skip the questions and just say goodnight to the characters.
- 6 End the same way.** A closing line ("Goodnight Poppy, goodnight stars") makes a cosy full stop.

Reading on a screen? In the Dream Machine, the warm-light button (🌙) softens the page for bedtime, and *Read to me* lets a sleepy child listen with the lights low.

Which books suit bedtime?

Age	Try
0-3	Count along with Poppy (it ends at bedtime), Count to 10 , Colours of the Rainbow
3-7	Enchanted Adventures of Poppy , Poppy the Dragon Who Sneezed Glitter , Glowberry and the Moon Seed
5-9	The Sparkle Tree and the First Star , The Rainbow Bridge , The Brave Little Pixel

The five storybooks are free to read in the Dream Machine at sparkletreepress.com. The four Poppy the Dragon books are on Amazon, and each has a free sneak peek in the Dream Machine.



Goodnight questions, book by book

Pick one. There are no wrong answers, and "I don't know" is a fine answer at bedtime.

Enchanted Adventures of Poppy

- Poppy wasn't the fastest flyer. What was she good at instead?
- How do you think the baby star felt when Poppy found it?
- What's something you're good at that isn't about being fastest?

Glowberry and the Moon Seed

- Why do you think Glowberry kept watering the seed when nothing happened?
- Have you ever waited a long time for something? What was it?
- What would you like to grow, if you had a moon seed?

The Sparkle Tree and the First Star

- The owl said "keep it". Why did the tree let the light go?
- What is something you could share with someone tomorrow?
- When you look at a star tonight, what will you think about?

The Rainbow Bridge

- How did Mira and the other girl talk without words?
- What colour would you have painted next?
- Who would you like to build a bridge to?

The Brave Little Pixel

- Why did Pip leave her place in the sky?
- Pip looked like a mistake up close. What did the picture show from far away?
- Have you ever helped without anyone knowing? How did it feel?



Goodnight questions (continued)

Poppy the Dragon Who Sneezed Glitter

- What makes you different, in a good way?
- Is there something about you that you used to want to hide?
- If you sneezed something magic, what would it be?

Colours of the Rainbow

- Can you find something red in your room?
Something blue?
- Which colour feels the sleepiest?
- What colour are your dreams going to be tonight?

Count to 10

- Can we count to 10 together, really slowly and quietly?
- Which number was your favourite page?
- How many cuddly toys are in your bed?

Count along with Poppy

- What did Poppy count before bedtime?
- Can you count your yawns? One... two...
- What three things made you smile today?

When a story brings up a big feeling

Stories about being different or waiting can stir up a real worry. If that happens, name the feeling ("it sounds like that made you feel left out"), keep it short, and offer to talk more in the morning. A cuddle and a familiar goodnight line usually do more than a long chat at bedtime.

Make it theirs

- Let your child "read" a page they know by heart.
- Count the stars on a page together, quietly.
- Ask them to say goodnight to Poppy for you.