

## Talking Points

*Before We Say "Goodnight,"* by Hank Frazee, is about how to tell bedtime stories, specifically how to tell the story of your life and family to your children and grandchildren, one night at a time.

The author shows the reader how to tell great bedtime stories to children and grandchildren and, at the end of each chapter, provides examples of stories he's told to his kids.

Everyone has a great story to tell and your children want to hear yours. Below are ten tips from the author to help you tell your own great bedtime stories.

1. Start with a character engaged in an experience or taking some kind of action.
2. Every good story has a beginning, middle and an end. Keep this structure in mind, as it is crucial to a good story. Without it, all you have is a recitation of facts.
3. Use the reporter's motto to provide details: the who, what, where, when, why and how of a story.
4. Use your voice to enhance the tone of your story and make the characters come alive.
5. Always adjust your stories to the maturity level of your child.
6. Tell stories that you are interested in, and you'll find that your children will think them interesting also. With your children, nothing compares to *you* telling them *your* story.
8. Telling the story of your life and family gives you a vast and virtually endless supply of stories to tell, as compared to the number of folk or fairy tales you might remember on the spot.
9. Our values, wisdom and moral themes are naturally infused in this kind of storytelling, but when presented in story form are light and enjoyable. Keep it fun.
10. Telling bedtime stories is a great way to spend time with your kids at the end of the day and leads to everyone going to sleep feeling loved and happy.

Follow these simple tips and you're on your way to telling bedtime stories that will delight your children every night.