

Bedtime Stories When You're Not Home — 7-Day Challenge

For separated parents, shift workers or anyone who can't be there every night. This challenge keeps the bedtime ritual going across the distance.

HuggleTales-Tip: Record 30 s of your voice for Voice-Cloning — then your voice reads every HuggleTales story. Your child hears you — every single night.

Preparation (once, before Day 1)

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| ☐ Install HuggleTales app + create account | ☐ Read aloud quietly for 30 s — start Voice-Cloning |
| ☐ Activate offline mode for on-the-go use | ☐ Prepare child: 'Now comes a story with Mummy's / Daddy's voice' |

Recording Tip Record in a quiet room — no echo, consistent volume.

7-Day Challenge — 15 min per evening

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| ☐ Day 1: Listen to the first story together with your child | ☐ Day 2: Your child picks the story themselves |
| ☐ Day 3: 3 questions after — what was your favourite part? | ☐ Day 4: Listen again — spot any differences |
| ☐ Day 5: Invent your own story and save it in the app | ☐ Day 6: Draw the main character from the story together |
| ☐ Day 7: Print the reading certificate — child signs it | |

Remember It's not the content — it's the familiarity of your voice that matters.

If this checklist helps: check out **HuggleTales** – the app for personalised bedtime stories with your own voice. Your first story is free. For iOS & Android.