

Sharing podcasts as a family

Podcasts are a great way to enjoy listening and learning with your children and are easy to fit into your everyday lives. Free, entertaining and informative, it's no wonder their popularity is on the rise! There are some great podcasts for children in particular – if you're not already a convert, you can find out more below.

The benefits of sharing podcasts at home

Most podcasts are free and can be accessed on smartphones, laptops and smart speakers through free apps, as well as streaming platforms and websites.

Many podcasts are really high quality, with professional hosts, narrators and experts so the whole family can enjoy them together.

Podcasts can be a great way to inspire children! Studies show that children love talking to their family about the podcasts they've listened to, sharing what they've learned and doing activities inspired by things they hear about in podcasts.

Listening to podcasts can be an ideal alternative to screen time during long journeys but they're also great for cosying up in bad weather or for a story before bed!

As podcasts are audio rather than image-based, they may help encourage children to use their imagination.

Easy ways to find and listen

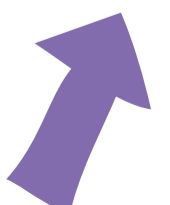
to podcasts: If you have a smartphone, one of the easiest ways to listen to podcasts is by using an app to download podcasts to listen to offline. For example, you can use music apps like **iTunes** or **Spotify**, or more dedicated apps like **BBC Sounds**, **Podbean** and **Audible**. Most of these apps will be free to listen to. You can also stream podcasts from lots of websites, including the above and also YouTube.

Use the podcast to start a conversation:

An interesting podcast can spark all kinds of conversations! Talk with your child about what they (or you) have been surprised by, what you liked or something new you learned. You might even think of an activity (like cooking or playing a game) to do together after listening.

Find a podcast that matches your child's interests:

There are podcasts on almost every subject imaginable. Whether your child is into cooking, sport or just loves relaxing with a good story, there is something for almost every mood and every individual.





Great podcasts to listen to at home



CBeebies Bedtime Stories

A selection of lovely, short bedtime stories for younger children, featuring popular picture book favourites brought to life by top actors and celebrities including Tom Hardy and Dolly Parton. bbc.co.uk/sounds/series/p06vvqwl



Fun Kids Story Quest

This podcast series from Fun Kids – the UK’s radio station for children – features stories that are perfect for children and families of all ages. Listen in the car, when chilling at home or before bedtimes. Fun Kids also have a range of other podcasts about things your child might be interested in, from science and space to comedy and sports.

funkidslive.com/podcast/story-quest-stories-for-kids/



500 Words: Bedtime Stories

Dick and Dom present some of the winning bedtime stories written for kids, by kids from the popular BBC Radio 2 writing competition, 500 Words. Explore stories with themes for every mood, from animals and adventures to travel and technology.

bbc.co.uk/programmes/p02tkm27/episodes/downloads



Goodnight Stories for Rebel Girls

Following on from the bestselling book, this podcast showcases stories about extraordinary and brilliant women from the worlds of politics, sports, arts and so much more. The stories are narrated in short and snappy 20 minute episodes.

rebelgirls.com/pages/podcast



Story Pirates

A bright, fun and jolly podcast where well-known celebrities, musicians and actors read children’s original, creative and often hilarious story ideas aloud. Children’s stories include The World Wide Race of the Worst Cars and The Monkey and the Ice Skates. storypirates.com/podcast



The Creeping Hour

A brand new horror-themed podcast perfect for Goosebumps fans. It is suitable for all ages, especially children aged 8-12, and for families to enjoy together. Perhaps not one to listen to in the dark! thecreepinghour.org



Radiolab for Kids

Great for curious families. This podcasts features child-friendly episodes from a long-running American podcast and radio series, exploring everything from the music of animals to the speed of thought. wnycstudios.org/podcasts/radiolab-kids



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