'And though we had no money I was rich as I could be, in my coat of many colours that mama made for me'.

Country music legend Dolly Parton’s rural upbringing in the Smoky Mountains of Tennessee provides the backdrop for this special picture book. Using lyrics from her classic song "Coat of Many Colours," the book tells the story of a young girl in need of a warm winter coat.

Collect fabric and bits and bobs and create your own coat of many colours.

Talk about things you love about your child and what they are good at. Help your child create their own flower to help build their self-esteem and confidence. Your child can help to stick, tear or cut paper to create their flower.

Spend time dancing, like the family in the book. Turn on the radio and dance to its tunes. The ‘Coat of Many Colours’ book contains a flap attached to the back cover with more tips, ideas and activities for you.

Listen to Dolly singing ‘Coat of Many Colours’ and ‘Making Fun Ain’t Funny’ on the Imagination Library UK website.

Follow this link for the cbeebies Lets Go Club and learn some cool moves.

Making ten minutes a day to share books with your child will make a huge difference to their development.

Here is a useful link for information on anti-bullying from the charity Family Lives.