

## HOW TO SHARE BOOKS WITH YOUR *Birth to 3 MONTH OLD*



- Babies enjoy sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your baby.
- Looking at and talking about books with babies helps teach them to talk.
- Reading books with babies helps them learn to love books.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- This may become the best time of your day!

### **NEWBORNS TO 3 MONTH OLDS CAN:**

- Look at the book you are holding for them and talking about.
- Watch the looks on your face and begin to copy them.
- Listen to the sounds you make and begin to copy some of them.
- Start to smile, coo, or move their arms and legs. This lets you know that they want to keep playing.
- Pay attention for a minute or 2 at a time.

### **YOU CAN:**

- Find a quiet, cozy place to cuddle up together with a sturdy book or 2.
- Name and point to the pictures your baby is looking at.
- Turn the pages following your baby's interest and your own.
- Act out pictures using your face, hands, and voice.
- Copy the sounds your baby makes and the looks on her face. This kind of back and forth "talking" lets your baby know you care about what she is saying and feeling.

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DEDICATED TO THE HEALTH OF ALL CHILDREN™



High, Golova & Hopmann, Read to Me Program, Hasbro Children's Hospital, 2014

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## HOW TO SHARE BOOKS WITH YOUR 6 TO 8 MONTH OLD



- Babies enjoy sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your baby and builds his self-esteem.
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them learn to love books.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with babies help prevent struggles at bedtime.
- At the end of your routine, teach your baby how to fall asleep alone. Put him in bed sleepy, but awake without a bottle. This helps prevent future night waking and dental problems.
- This may become the best time of your day!

### 6 TO 8 MONTH OLDS CAN:

- Hold onto a book and pat the pictures.
- Explore a book by feeling it, turning it upside down, putting it in their mouth or dropping it.
- Copy some of the sounds you say, the looks on your face, and the gestures you make.
- Smile, laugh, squeal, babble, or reach for you or the book. This lets you know that they want to keep talking, reading, and playing.
- Pay attention to a book for only a few minutes at a time. They will let you know how long they want to read with you.

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with a sturdy book or 2.
- Name and point to the pictures your baby shows interest in.
- Help your baby turn pages, following his interest.
- Act out the story or pictures using your face, hands, and voice.
- Talk about how your baby is enjoying the book. You can say: *It is a doggie. Doggie says woof woof.* or *You like putting that book into your mouth. Mmmm. How does it taste?*
- Make a game of copying your baby playing with books.
- This kind of back-and-forth play lets him know you care about what he likes and how he feels.

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## HOW TO SHARE BOOKS WITH YOUR 9 to 11 MONTH OLD



- Babies enjoy books and learn from sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your baby.
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them get ready to start learning to love books.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting, and other distractions.
- Regular bedtime routines started with babies help prevent struggles at bedtime.
- At the end of your routine, teach your baby how to fall asleep alone. Put her in bed sleepy, but awake without a bottle. This helps prevent future night waking and dental problems.
- This may become the best time of your day!

### 9 to 11 MONTH OLDS CAN:

- Reach for their favorite of two books you offer.
- Hold onto a book and pat the pictures they like.
- Explore a book by putting it in their mouth, turning it upside down or, opening and closing it. They may also explore by dropping it and listening for the sound this makes.
- Copy some of the sounds you make, the looks on your face and the gestures you make.
- Pay attention to a book for a few minutes at a time. They will let you know how long they want to read with you.

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with a sturdy book or 2.
- Name and point to the pictures your baby looking at, touching, or talking to. You can say: *Yes, a kitty. Nice kitty. The kitty is purring.*
- Follow your baby's interest by helping her turn pages.
- Act out the story or pictures using your face, hands and voice.
- Talk about how your baby is enjoying the book. You can say: *You like that car you are patting. The car goes beep beep!*
- Make a game of copying your baby playing with books.
- This kind of back and forth play lets her know you care about what she likes and how she feels.

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## HOW TO SHARE BOOKS WITH YOUR 12 to 14 MONTH OLD



- Babies enjoy books and learn from sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your baby.
- It teaches him how important he is to you. It increases her self-confidence
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them get ready to listen and learn in school.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with babies help prevent struggles at bedtime.
- At the end of your routine, teach your baby how to fall asleep alone. Put him in bed sleepy, but awake without a bottle or sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### 12 to 14 MONTH OLDS CAN:

- Choose a favorite book to read with you.
- Point to pictures in a book they want you to look at too.
- Explore a book by putting it in their mouth, turning it upside down, opening and closing it. They may also drop it and listen for the sound this makes.
- Copy your reactions to the book you are enjoying together.
- Pay attention to a book for a few minutes at a time. They will let you know how long they want to read with you.

### **YOU CAN:**

- Find a quiet, cozy place to cuddle up together with a few sturdy books.
- Name the pictures your baby is pointing to or looking at.
- Follow your baby's interest by helping her turn pages.
- Read with joy and enjoyment. Use different voices for different characters.
- Ask your child questions she can answer by pointing. You can say: *Where's the doggie?* or *Where's the happy baby?* or *Who says meow?*
- Imitate the sounds your child makes while looking at a picture. Then add a very short phrase, such as *Moo, the cow says moo.*

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## HOW TO SHARE BOOKS WITH YOUR *15 to 17 MONTH OLD*



- Babies enjoy books and learn from sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your baby.
- It teaches her how important she is to you. It increases her self-confidence.
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them get ready to listen and learn in school.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with babies help prevent struggles at bedtime.
- At the end of your routine, teach your baby how to fall asleep alone. Put her in bed sleepy, but awake without a sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### ***15 to 17 MONTH OLDS CAN:***

- Choose a favorite book to read with you.
- Look at familiar pictures in books. Make their own sounds for some of the pictures.
- Point to 1 or 2 animals and make that animal's sound.
- Pay attention to a book for a few minutes at a time. They will let you know how long they want to read with you.
- Laugh, squeal, and point while enjoying a favorite book with you.

### **YOU CAN:**

- Find a quiet, cozy place to cuddle up together with a few sturdy books.
- Let your toddler choose which books to read with you.
- Read the same book again, if your child wants. Toddlers learn by repeating things over and over again.
- Name and say a few words about the pictures your child is pointing to or looking at.
- Read with joy and enjoyment. Use different voices for different characters.
- Copy the sounds or words your child says while looking at a picture. Then add a few more words like: *Yes, eyes. The girl has pretty eyes.*
- Make up games, while looking at pictures, like: *Where's the girl's nose? Where's Mommy's nose? Where's your nose?*
- Name and then demonstrate actions or emotions in a book, such as *Laughing. Look at the boy laughing.* Then laugh with your toddler!

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## HOW TO SHARE BOOKS WITH YOUR *18 to 23 MONTH OLD*



- Toddlers enjoy books and learn from sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your toddler.
- It teaches her how important she is to you. It builds her confidence and interest in learning.
- Looking at, reading, and talking about books with toddlers helps teach them to talk.
- Reading books with toddlers helps them get ready to listen and learn in school.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with young children help prevent struggles at bedtime.
- At the end of your routine, teach your toddler how to fall asleep alone. Put her in bed sleepy, but awake without a bottle or sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### ***18 to 23 MONTH OLDS CAN:***

- Choose a book to share and tell you they want *more book* or *'nother book*.
- Point to a favorite picture and say a word or two about it.
- Look at familiar animals and make their sounds.
- Finish some sentences from books they know very well, such as: *Happy faces. Sad.....* (faces) or *Twinkle twinkle little.....* (star).
- Enjoy a trip to your local public library for story time. Your child can also borrow some books.

### **YOU CAN:**

- Find a quiet, cozy place to cuddle up together with some sturdy books.
- Use reading together as a way to calm and comfort your child.
- Read the same book again, if she wants this. Toddlers learn by repeating things over and over again.
- Help your toddler understand by speaking in slow, short sentences. Wait for her to take a turn talking.
- Make up games, while looking at pictures, like: *Where's the girl's nose? Where's Mommy's nose? Where's your nose?*
- Copy the name your toddler gives a picture, and then add a comment, like: *Yes, a plane! The plane is flying. The plane is flying in the sky*
- Read with joy and enjoyment. Use different voices for different characters.
- Help your toddler pretend to be a character in a book. You can pretend to feed a baby or be puppies, barking and running after each other.

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## HOW TO SHARE BOOKS WITH YOUR 24 to 29 MONTH OLD



- Toddlers enjoy books and learn from sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your toddler.
- It teaches her how important she is to you. It builds her confidence and her interest in learning.
- Looking at, reading, and talking about books with toddlers helps teach them to talk. It builds their vocabulary.
- Reading books with toddlers helps them get ready to listen and learn in school.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with young children help prevent struggles at bedtime.
- At the end of your routine, teach your toddler how to fall asleep alone. Put her in bed sleepy, but awake without a sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### **24 to 29 MONTH OLDS CAN:**

- Choose a book to read together.
- Love reading the same book over and over and over again!
- Repeat some of the words and phrases you say or read.
- Love laughing at silly stories. For example the horse who could only say *quack, quack*
- Ask you questions about the pictures or story, such as: *What's that?*

### **YOU CAN:**

- Find a quiet, cozy place to cuddle up together with some sturdy books.
- Use reading together as a way to calm and comfort your child.
- Start a discussion by repeating an important word your child has just said. You can say: *Yes, balloons. Lots of balloons. The girl has lots of balloons.* Then wait for your child to say something more.
- Read with joy and enjoyment! Use different voices for different characters.
- Respond with excitement to your child's questions and comments.
- Count pictures and wait for your child to repeat the numbers after you.
- Take your child to your local public library to borrow books or to enjoy story time.

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## HOW TO SHARE BOOKS WITH YOUR *30 to 35 MONTH OLD*



- Toddlers enjoy books and learn from sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your toddler.
- It teaches him how important he is to you. It builds his confidence and his interest in learning.
- Looking at, reading, and talking about books with toddlers teaches them to talk. It builds their vocabulary.
- Reading books with toddlers helps them get ready to listen and learn in school.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with young children help prevent struggles at bedtime.
- At the end of your routine, teach your toddler how to fall asleep alone. Put him in bed sleepy, but awake without a sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### ***30 to 35 MONTH OLDS CAN:***

- Look at the book you are holding for them and talking about.
- Tell you the names of the stories they want to share.
- Remember which book they read last night.
- Tell you about pictures and stories in longer sentences.
- Tell you their version of the story in a favorite book.
- Ask you questions about the characters or story in a book.
- Pretend to be a character in a favorite story.

### **YOU CAN:**

- Find a quiet, cozy place to cuddle up together with a few good picture books.
- Use reading together as a way to calm and comfort your child.
- Talk about how things that happen in books are like things your child has done or seen.
- Talk about the feelings of the characters. Ask if your child has ever felt like this.
- Count pictures and wait for your child to repeat the numbers after you.
- Read with joy and enjoyment! Use different voices for different characters.
- Ask your child to show you all the things in a picture that are alike in some way. You could say: *Where are all the animals? or Can you find all the things that are yellow?*
- Take your child to your local library to enjoy story time. Your child can also borrow books.

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## HOW TO SHARE BOOKS WITH YOUR 3 YEAR OLD



- Preschoolers enjoy books and learn from sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your preschooler.
- It teaches her how important she is to you. It builds her confidence and her interest in learning.
- Looking at, reading, and talking about books with preschoolers builds their vocabulary.
- Reading books with preschoolers helps them get ready to listen and learn in school.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with young children help prevent struggles at bedtime.
- At the end of your routine, teach your preschooler how to fall asleep alone. Put her in bed sleepy, but awake without a sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### **3 YEAR OLDS CAN:**

- Name the books they want to read with you.
- Pretend to read a favorite book out loud to you.
- Tell you how a story is like things they have seen or done.
- Ask you questions about books you are enjoying together.
- "Correct" you if you skip a page or even a word in a favorite book.
- Tell you what they like about a book.
- Tell you the story in a favorite book in their own "words."

### **YOU CAN:**

- Find a quiet, cozy place for to cuddle up with a few good picture books.
- Ask your child to tell you about the pictures and the story.
- Respond with excitement to your child's questions and comments.
- Read with joy and enjoyment! Use different voices for different characters.
- Ask your child to show you all the things in a picture that are alike in some way. You can say: *Can you find all the blue things? or Show me all the things that can fly.*
- Talk about emotions in pictures and stories. You can say: *Look at that bear! He looks sad. Why do you think he is sad? What makes you sad?*
- Point out colors, shapes and numbers in their books.
- Take your child to your local public library to borrow books or to enjoy story time.

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## HOW TO SHARE BOOKS WITH YOUR 4 TO 5 MONTH OLD



- Babies enjoy sharing books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your baby.
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them start learning to love books.
- Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with babies help prevent struggles at bedtime.
- At the end of your routine, teach your baby how to fall asleep alone. Put her in bed sleepy, but awake without a bottle. This helps prevent future night waking and dental problems.
- This may become the best time of your day!

### **4 TO 5 MONTH OLDS CAN:**

- Reach toward a book and pat the pictures in it.
- Copy some of the sounds you say and the looks on your face.
- Pay attention to a book for only a few minutes at a time.
- Begin to have favorite books they get more excited about when they see.
- Smile, laugh, squeal, babble, or reach for you or the book. This lets you know that they want to keep talking, reading, and playing.

### **YOU CAN:**

- Find a quiet, cozy place to cuddle up together with a sturdy book or 2.
- Name and point to the pictures your baby shows interest in.
- Turn the pages, following her interest.
- Act out pictures using your face, hands, and voice.
- Copy the sounds your baby makes and the looks on her face.
- This kind of back-and-forth “talking” lets her know you care about what she is saying and feeling.

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## HOW TO SHARE BOOKS WITH YOUR 4 YEAR OLD



- Preschoolers enjoy books and learn from reading books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your child.
- It teaches him how important he is to you. It builds his confidence, interest in learning and ability to handle small stresses.
- Looking at, reading, and talking about books with preschoolers helps build their vocabulary.
- Reading books with preschoolers helps them get ready to listen and learn in school.
- Set aside 10 to 20 minutes every day for reading together. This can be part of your bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with young children help prevent struggles at bedtime.
- At the end of your routine, teach your preschooler how to fall asleep alone. Put him in bed relaxed, but awake without a sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### 4 YEAR OLDS CAN:

- Tell you which books they want to read with you.
- Pretend to read a favorite book out loud to you.
- Tell you how a story is like things they have seen or done.
- Ask you questions about books you are reading together.
- "Correct" you if you skip a word or page in a favorite book.
- Tell you the story in a favorite book in their own words.
- Begin to name the first letters in some of the words you are reading together

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with a few good books.
- Ask your child to tell you about the pictures and the story.
- Respond with interest to your child's questions and comments.
- Read with joy and enjoyment! Use different voices for different characters.
- Ask your child to show you to all the things in a picture that are alike in some way. You can say: *"Can you find all the things that live in the ocean? or Show me all the things that make music."*
- Talk about emotions in pictures and stories. You can say: *Look at that boy! He looks happy. Why do you think he is happy? What makes you happy?*
- Ask your child to solve problems in stories. You can say: *Oh no! That girl won't share her toys. How would you feel if someone did that? What would you do?*
- Point out colors, shapes, numbers, and letters. Ask your child to find them in the books you are reading together.
- Point out written words in the world around you. For example, traffic signs and food labels in the store. Ask your child to find a new word each time you go out together.
- Take your child to your local public library to borrow books or to enjoy story time.

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## HOW TO SHARE BOOKS WITH YOUR 5 YEAR OLD



- Five year olds are getting ready for kindergarten.
- Kindergarteners love books. They learn from reading books with you. You are the most important person in their world.
- They love the special one-on-one attention they get when you read, talk, sing, and play with them.
- This special time helps strengthen your bond with your child.
- It teaches her how important she is to you. It builds her self-confidence, her interest in learning, and her ability to handle small stresses.
- Looking at, reading, and talking about books with kindergarteners helps build their vocabulary. It teaches them about letters and the sounds they make.
- Reading books with kindergarteners helps them get ready to listen and learn in school.
- Set aside 10 to 30 minutes every day for reading together. This can be part of your bedtime routine.
- This should be a time free of TV, texting and other distractions.
- Regular bedtime routines started with young children help prevent struggles at bedtime.
- At the end of your routine, teach kindergarteners how to fall asleep alone. Put them into bed relaxed, but awake. This helps prevent night waking.
- This may become the best time of your day!

### 5 YEAR OLDS CAN:

- Tell you which books they want to read with you.
- Tell you how a story makes them feel. Tell you how a story is like things they have seen or done.
- Ask you questions about books you are reading together.
- Begin to name the first letters in some of the words you are reading. They can start to learn the sound that letter makes.
- Predict (before turning the page) what might happen next in a story.
- Make a favorite story into a play. Put that play on for you.

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with a few good books.
- Ask your child to tell you about the pictures and the story. Ask your child or to guess what may happen next.
- Respond with interest to her questions and comments.
- Read with joy and enjoyment. Use different voices for different characters.
- Talk about emotions in pictures and stories. You can say: *Look at her face! She looks mad. Why do you think she is mad? What makes you mad?*
- Ask your child to solve problems in stories. You can say: *Oh no! That boy won't share his cars. How would you feel if someone did that? What would you do?*
- Count the characters or objects in pictures with your child.
- Point out and name colors, shapes, numbers, and letters in their books with her.
- Point out written words in the world around you. For example, traffic signs and food labels in the store. Ask her to find a new word each time you go out together.
- Take your child to your local public library to borrow books or to enjoy story time.

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