

TIPS FOR **READING** TO YOUNG CHILDREN

Reading to your child at least 20 minutes a day is very important, even with infants.

Concepts like stories, numbers, colors, shapes, and many more come to life when you read to your child and spend time together looking at the book. Reading to your child naturally helps bonding and closeness while helping a growing brain develop.

Here are some tips to help make reading to your young child a joy for everyone involved!

- For squirmy kids, use your own words instead of reading the text. It's okay to forget the plot for now and just talk about the pictures. Point to objects as you talk about them.
- Put life into the reading with your voice. Give different voices to different characters. Make the sounds of the animals pictured.
- Move your fingers across the page to show that movement is taking place.
- Each time you read a book, talk about the same things using the same words. Children love repetition and enjoy it when they know what you're going to say next.
- Encourage participation in the story (e.g., pointing at objects, repeating words after you, or adding sound effects).



Even if you don't feel like reading, remember, many requests for book-time are merely indications that your child wants to sit and cuddle.

- Talk about the pictures; don't stay on one page too long. Don't even expect to finish the book!
- Start with "easy-to-read," bright, simple picture books.
- Use the book the way you want to use it. For instance: you don't have to teach numbers to a one-year-old with a counting book. Just talk about the pictures, instead. You don't have to read what the book says. If the story includes a particular event or emotion you'd rather not present, make up your own version.

Reading together is a great substitute for screen time.

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LET'S GO!

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