

## Why Read to Your Baby?

Reading to your child is beneficial from birth. Listening to your voice helps them to bond with you. Even before they start to babble, being read to helps with language acquisition and brain development. Studies show that the most important brain development period is between birth and age 3.

Babies learn language better if they are spoken to and read to frequently. They need to learn the rhythm of language before they learn any words, and that starts at birth. Babies learn to understand language long before they start speaking. Reading every day from the beginning also helps form reading habits, for both you and your child. More than a third of all kids start Kindergarten without the language skills they need to learn to read. Reading to your child is the

number one thing you can do to help them succeed in life.



### Recommended Websites for Further Information:

<http://www.earlyliteracylearning.org/index.php>

<https://littoolkit.aap.org/Pages/home.aspx>

<https://www.zerotothree.org/>

<http://talkingisteaching.org/>

<http://www.rif.org/literacy-resources/tips-tools/>

<https://usa.imaginationlibrary.com/>

### MINOT AIR FORCE BASE LIBRARY

156 Missile Ave  
Minot AFB, ND 58705

Phone: 701-723-3344

#### Web:

<http://tinyurl.com/mafblib>

<http://www.5thforcesupport.com/activities/library/>

Facebook: Search for: Minot Air Force Base Library

Instagram: Search for: Minot AFB Library

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### MINOT AIR FORCE BASE LIBRARY

## Baby Steps to Success: Reading to Your Baby in the First Year



### HOURS

**MON-THURS: 1000-2000**

**FRI: 1100-1900**

**SAT: 1100-1800**

**SUN: CLOSED**

**CLOSED ON FEDERAL HOLIDAYS**

Tel: 701 723 3344

Web: <http://tinyurl.com/mafblib>

Find us on Facebook as:

Minot Air Force Base Library

## What to Read

- \* Choose books with plenty of rhyme and rhythm. Rhyme and rhythm both appeal to babies and help them learn language.
- \* Choose books with illustrations that are colorful and simple. If they are too busy, your baby will have trouble focusing on them. High contrast pictures (like dark against light or black and white) are also easier for babies to see.
- \* Choose vinyl, cloth, and board books when your baby starts to grasp and mouth things.
- \* Books with simple pictures of other babies and things your baby is familiar with are particularly good for babies 5 months and older.
- \* Choose books that don't have too much text on each page. Avoid picture books written for older children that have been re-published as board books.
- \* A Note about Newborns: It doesn't matter so much what you read to your newborn. Your newborn benefits from the sound of your voice and the feeling of being held.
- \* Use the Library's suggested book lists.

## Reading Tips

- ◆ Read with emotion - the youngest of babies will respond to the emotion in your voice.
- ◆ Set aside a special time - make reading a habit that you can continue for years to come.
- ◆ Let your baby play with vinyl, cloth or board books like toys.
- ◆ Try reading with different voices for the characters.
- ◆ In addition to reading, sing songs and do action rhymes. You do not have to sing well - your baby will love it anyway.
- ◆ Read every day, multiple times a day even if it is only for a minute at a time.
- ◆ Read your child's favorite book over and over again.
- ◆ Point to the pictures.
- ◆ Talk about the pictures and words, get your child to interact with them.
- ◆ Keep reading together even after your child has learned to read. You need to read them books that are at a higher level than they can read themselves in order to teach them the vocabulary they need to reach that higher level.
- ◆ Make a long book easier and shorter by skipping paragraphs or even pages.

## Reading to Active Babies and Toddlers

Some kids just need to move. This doesn't mean that they don't pay attention or benefit from being read to.

Some strategies for dealing with a fidgety child:

- ⇒ Read during meal times and/or right before bed.
- ⇒ Read while they play in a sandbox.
- ⇒ Give the child a quiet toy to play with while you read.
- ⇒ Have the child interact with the pictures and text by pointing things out and talking about them .
- ⇒ Use lots of action rhymes to get them moving to the rhythm of the rhyme.
- ⇒ Read only a few pages at a time.
- ⇒ Choose interactive books with textures, mirrors, etc.
- ⇒ Read dramatically, even with different voices if you can.
- ⇒ If you have an older child, read to the older child in the toddler's presence even if they are playing at the same time. The toddler is probably listening even if it doesn't look that way.