

# How to Share Books with your 12-14 Month Old

- \* Even babies enjoy books and learn from sharing books with you.
- \* Sharing books with babies can help them learn to talk.
- \* Sharing books with babies can help them get ready to listen and learn in school.
- \* Set aside 5 to 10 minutes with the TV off for sharing books as part of your regular bedtime routine.
- \* Regular bedtime routines started with babies help prevent future bedtime struggles.
- \* Teaching babies how to fall asleep alone by putting them in bed awake helps prevent future night wakings.

## 12-14 Month Olds Can:

- \* Choose a book to share.
- \* Point to pictures they like in a book.
- \* Imitate some animal sounds when they look at a picture of that animal.
- \* Imitate your reactions to the book you are enjoying together.
- \* Pay attention to a book for a few minutes at a time.

## You Can:

- \* Find a quiet, comfortable place for book sharing.
- \* Name the pictures your child is pointing to or looking at.
- \* Help your child turn pages.
- \* Ask your child questions she can answer by pointing, like: "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'."

