

How to Share Books with your 6-8 Month Old

- * Even babies enjoy books and learn from sharing books with you.
- * Sharing books with babies can help teach them to talk.
- * Sharing books with babies can help them get ready to listen and learn in school..
- * Set aside a few quiet 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.

6-8 Month Olds Can:

- * Hold onto a book and pat the pictures.
- * Taste a book.
- * Copy some of the sounds you say and the looks on your face.
- * Pay attention to a book for a few minutes at a time.

You Can:

- * Find a quiet, comfortable place for book sharing.
- * Name and point to the pictures your baby shows interest in.
- * Help your baby turn pages.
- * Act out pictures using your face, hands and voice.
- * Enjoy a game of copying your baby playing with books.

