

# How to Share Books with your 9-11 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 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.

## 9-11 Month Olds Can:

- \* Reach for one of two books you offer to them.
- \* Hold onto a book and pat the pictures.
- \* Taste a book.
- \* Copy some of the sounds you make 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 is touching or looking at.
- \* Help your baby turn pages.
- \* Act out pictures using your face, hands and voice.
- \* Enjoy a game of copying your baby playing with books.

