HOW TO SHARE BOOKS WITH YOUR 4 TO 5 MONTH OLD

• Babies enjoy sharing books with you. You are the most important person in their world.
• They love the special one-on-one attention they get when you read, talk, sing, and play with them.
• This special time helps strengthen your bond with your baby.
• Looking at, reading, and talking about books with babies helps teach them to talk.
• Reading books with babies helps them start learning to love books.
• Set aside a few quiet minutes every day for sharing books together. This can be part of your regular bedtime routine.
• This should be a time free of TV, texting and other distractions.
• Regular bedtime routines started with babies help prevent struggles at bedtime.
• At the end of your routine, teach your baby how to fall asleep alone. Put her in bed sleepy, but awake without a bottle. This helps prevent future night waking and dental problems.
• This may become the best time of your day!

4 TO 5 MONTH OLDS CAN:

• Reach toward a book and pat the pictures in it.
• Copy some of the sounds you say and the looks on your face.
• Pay attention to a book for only a few minutes at a time.
• Begin to have favorite books they get more excited about when they see.
• Smile, laugh, squeal, babble, or reach for you or the book. This lets you know that they want to keep talking, reading, and playing.

YOU CAN:

• Find a quiet, cozy place to cuddle up together with a sturdy book or 2.
• Name and point to the pictures your baby shows interest in.
• Turn the pages, following her interest.
• Act out pictures using your face, hands, and voice.
• Copy the sounds your baby makes and the looks on her face.
• This kind of back-and-forth “talking” lets her know you care about what she is saying and feeling.