

HOW TO SHARE BOOKS WITH YOUR *Birth to 3 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 and talking about books with babies helps teach them to talk.
- Reading books with babies helps them learn 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.
- This may become the best time of your day!

NEWBORNS TO 3 MONTH OLDS CAN:

- Look at the book you are holding for them and talking about.
- Watch the looks on your face and begin to copy them.
- Listen to the sounds you make and begin to copy some of them.
- Start to smile, coo, or move their arms and legs. This lets you know that they want to keep playing.
- Pay attention for a minute or 2 at a time.

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 is looking at.
- Turn the pages following your baby's interest and your own.
- 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 your baby know you care about what she is saying and feeling.

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High, Golova & Hopmann, Read to Me Program, Hasbro Children's Hospital, 2014

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.