

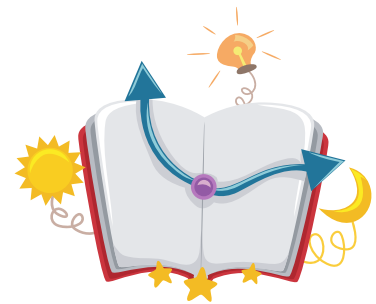
Read to Me: Interacting and Setting a Routine

Instructions:

1. Reading is as much about interacting as it is about interacting and talking with your baby as it is about the book.
2. When you read your baby likes to be close to you so he or she can see your mouth move.
3. Draw his or her attention to the book, tap the page. Label what he or she sees, using inflection in your voice: “Look at the blue ball!”
4. At this age, your baby is interested in:
 - Books with one simple picture on each page that he/she can focus their eyes on.
 - Textures he/she can explore with fingers and mouth.
 - Rhyming books or text with sing song words.
5. Pick a time of day when your baby is alert. And engaged. Try reading at the same time every day. Before naps and at bedtimes work well for some families.
6. Cuddle up and enjoy your reading routine!

Materials:

- Assortment of books
- Your lap



What they learn:

Language:

- When you read to your baby, he or she takes in lots of information from your voice—the inflections, flow, and tone.
- This teaches babies' brains the sounds that are important to creating language.
- Reading to your baby sets the stage for learning new words and vocabulary. Many first words may come from books he or she's heard you read repeatedly. Reading creates a routine that helps your baby be able to predict what is coming next.