

Why Read to Babies?

Picture Recognition: Even very young babies are able to focus and pay attention to pictures in books. Reading leads to understanding language.

Ready for school: Babies who are read to from the beginning of life are better prepared for school. A child's ability to absorb language peaks at age 8 months, remains very high until 3 years, and sharply declines at age 8 years.

Speech development: Babies take in the information and start learning about speech patterns. Brain synapses connect between your baby's neurons when you read out loud.

Repetition: Helps build memory, vocabulary, connecting and recital.

Stimulation: Hearing your voice engages your baby's interest in sounds and listening skills and keeps your baby's senses connected to you (voice, tone, physical touch, calm activity).

Narrative Understanding: Helps your baby string meaningful ideas together and enhances imagination.

Communication: Print, word grouping, left to right, spoken words, and gestures are how we communicate. Use character voices.

Socio-emotional development: Reading creates a nurturing environment where trust, safety, problem-solving, and self confidence are developed. Books also connect your baby to other cultures.

Motor development: Turning pages in any form, tracing words and shapes/symbols, feeling textures, chewing, coordination, focus on pages and pictures support development of fine and gross motor skills.

THE 2-4-2 BOOK PROJECT ©

- ~ Give one copy of the book to the caregiver; the other copy to the parent.
- ~ Determine a convenient time of day the parent can routinely call the caregiver in order to read the book to the child over the phone. The caregiver will turn the pages while the parent reads the book over the speaker phone.
- ~ It is best to call at the same time everyday so the child can expect the call as part of the routine. This predictability supports healthy attachment, trust, and brain development.
- ~ Go beyond the text of the book as developmentally appropriate, e.g., ask the child to point to Big Bird's feet. The caregiver confirms or assists the child and gives feedback to the parent.
- ~ Encourage parents to enhance the relationship-building opportunity by giving the caretaker a shirt or blanket with his/her scent on it to hold or wrap around the child while reading. For older children, a special toy or other item that connects the child and parent may be used.
- ~ Older children and parents can alternate reading pages or paragraphs to each other.

To learn more about this project or to schedule free training
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