



Read

♥

to Your Newborn

Reading to your baby is a fun activity that helps develop needed language skills. It helps your baby:

- Hear words – 32 millions more words by age 4 than a child without parent/child reading time.
- Make sounds for each word.
- Learn the meaning for each word.
- Connect a feeling with a word, face or gesture.
- Develop listening skills.
- Increase her IQ.
- Build an imagination.
- Learn social skills.

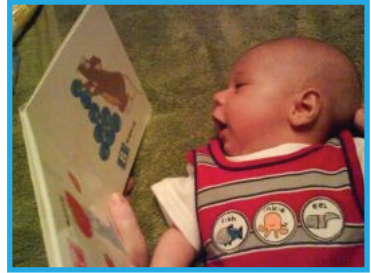


Reading can comfort and soothe your baby. Your baby loves your voice. You can even read to your baby in the NICU. Reading just a few minutes a day will help you and your baby form a bond that will last a lifetime.

Reading involves more than just hearing words. As you read, you and your baby learn to respond to each other. You connect. *Books on tape and TV do not provide this bonding moment that help babies learn.*

Tips for Reading to Your Newborn

- **Read a few minutes at a time for at least 20 minutes at day, total.** At first, read anything. Your newborn likes the rhythm and sound of your voice. Babies like the repetition in nursery rhymes.



- **Make eye contact** as you read and talk to your baby.
- **Cuddle.** It makes baby feel safe and secure.
- **Read with feeling.** Vary your tones. Talk with a high pitch and low pitch.
- **Exaggerate sounds.** For example, “This is a baaaalllllll.”
- **Point to pictures.** Babies love faces and bright colors. They like contrasting patterns.
- **Let him touch the book.**

**For more tips on reading and school readiness,
log onto www.parenthelpline.org**

Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

