

## HOW TO SHARE BOOKS WITH YOUR 12 to 14 MONTH OLD

- Babies enjoy books and learn from 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.
- It teaches him how important he is to you. It increases her self-confidence
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them get ready to listen and learn in school.
- 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 him in bed sleepy, but awake without a bottle or sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!



### 12 to 14 MONTH OLDS CAN:

- Choose a favorite book to read with you.
- Point to pictures in a book they want you to look at too.
- Explore a book by putting it in their mouth, turning it upside down, opening and closing it. They may also drop it and listen for the sound this makes.
- Copy your reactions to the book you are enjoying together.
- Pay attention to a book for a few minutes at a time. They will let you know how long they want to read with you.

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with a few sturdy books.
- Name the pictures your baby is pointing to or looking at.
- Follow your baby's interest by helping her turn pages.
- Read with joy and enjoyment. Use different voices for different characters.
- Ask your child questions she can answer by pointing. You can say: *Where's the doggie?* or *Where's the happy baby?* or *Who says meow?*
- Imitate the sounds your child makes while looking at a picture. Then add a very short phrase, such as *Moo, the cow says moo.*

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



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.