

## HOW TO SHARE BOOKS WITH YOUR 15 to 17 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 her how important she 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 her in bed sleepy, but awake without a sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!



### 15 to 17 MONTH OLDS CAN:

- Choose a favorite book to read with you.
- Look at familiar pictures in books. Make their own sounds for some of the pictures.
- Point to 1 or 2 animals and make that animal's sound.
- 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.
- Laugh, squeal, and point while enjoying a favorite book with you.

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with a few sturdy books.
- Let your toddler choose which books to read with you.
- Read the same book again, if your child wants. Toddlers learn by repeating things over and over again.
- Name and say a few words about the pictures your child is pointing to or looking at.
- Read with joy and enjoyment. Use different voices for different characters.
- Copy the sounds or words your child says while looking at a picture. Then add a few more words like: *Yes, eyes. The girl has pretty eyes.*
- Make up games, while looking at pictures, like: *Where's the girl's nose? Where's Mommy's nose? Where's your nose?*
- Name and then demonstrate actions or emotions in a book, such as *Laughing. Look at the boy laughing.* Then laugh with your toddler!

American Academy of Pediatrics

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

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