

## HOW TO SHARE BOOKS WITH YOUR 18 to 23 MONTH OLD

- Toddlers 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 toddler.
- It teaches her how important she is to you. It builds her confidence and interest in learning.
- Looking at, reading, and talking about books with toddlers helps teach them to talk.
- Reading books with toddlers 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 young children help prevent struggles at bedtime.
- At the end of your routine, teach your toddler how to fall asleep alone. Put her 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!



### 18 to 23 MONTH OLDS CAN:

- Choose a book to share and tell you they want *more book* or *'nother book*.
- Point to a favorite picture and say a word or two about it.
- Look at familiar animals and make their sounds.
- Finish some sentences from books they know very well, such as: *Happy faces. Sad.....* (faces) or *Twinkle twinkle little.....* (star).
- Enjoy a trip to your local public library for story time. Your child can also borrow some books.

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with some sturdy books.
- Use reading together as a way to calm and comfort your child.
- Read the same book again, if she wants this. Toddlers learn by repeating things over and over again.
- Help your toddler understand by speaking in slow, short sentences. Wait for her to take a turn talking.
- Make up games, while looking at pictures, like: *Where's the girl's nose? Where's Mommy's nose? Where's your nose?*
- Copy the name your toddler gives a picture, and then add a comment, like: *Yes, a plane! The plane is flying. The plane is flying in the sky*
- Read with joy and enjoyment. Use different voices for different characters.
- Help your toddler pretend to be a character in a book. You can pretend to feed a baby or be puppies, barking and running after each other.

American Academy of Pediatrics

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

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