

HOW TO SHARE BOOKS WITH YOUR 30 to 35 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 him how important he is to you. It builds his confidence and his interest in learning.
- Looking at, reading, and talking about books with toddlers teaches them to talk. It builds their vocabulary.
- 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 him 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!



30 to 35 MONTH OLDS CAN:

- Look at the book you are holding for them and talking about.
- Tell you the names of the stories they want to share.
- Remember which book they read last night.
- Tell you about pictures and stories in longer sentences.
- Tell you their version of the story in a favorite book.
- Ask you questions about the characters or story in a book.
- Pretend to be a character in a favorite story.

YOU CAN:

- Find a quiet, cozy place to cuddle up together with a few good picture books.
- Use reading together as a way to calm and comfort your child.
- Talk about how things that happen in books are like things your child has done or seen.
- Talk about the feelings of the characters. Ask if your child has ever felt like this.
- Count pictures and wait for your child to repeat the numbers after you.
- Read with joy and enjoyment! Use different voices for different characters.
- Ask your child to show you all the things in a picture that are alike in some way. You could say: *Where are all the animals?* or *Can you find all the things that are yellow?*
- Take your child to your local library to enjoy story time. Your child can also borrow books.

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.