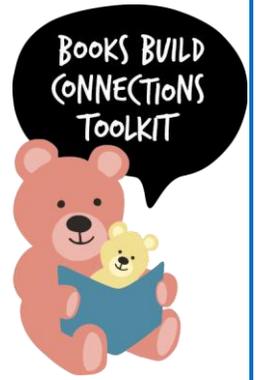


HOW TO SHARE BOOKS WITH YOUR 3 YEAR OLD



- Preschoolers 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 preschooler.
- It teaches her how important she is to you. It builds her confidence and her interest in learning.
- Looking at, reading, and talking about books with preschoolers builds their vocabulary.
- Reading books with preschoolers 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 preschooler 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!

3 YEAR OLDS CAN:

- Name the books they want to read with you.
- Pretend to read a favorite book out loud to you.
- Tell you how a story is like things they have seen or done.
- Ask you questions about books you are enjoying together.
- "Correct" you if you skip a page or even a word in a favorite book.
- Tell you what they like about a book.
- Tell you the story in a favorite book in their own "words."

YOU CAN:

- Find a quiet, cozy place for to cuddle up with a few good picture books.
- Ask your child to tell you about the pictures and the story.
- Respond with excitement to your child's questions and comments.
- 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 can say: *Can you find all the blue things? or Show me all the things that can fly.*
- Talk about emotions in pictures and stories. You can say: *Look at that bear! He looks sad. Why do you think he is sad? What makes you sad?*
- Point out colors, shapes and numbers in their books.
- Take your child to your local public library to borrow books or to enjoy story time.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



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

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