

HOW TO SHARE BOOKS WITH YOUR 4 TO 5 MONTH OLD

- Babies enjoy 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.
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them start learning to love books.
- 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 bottle. This helps prevent future night waking and dental problems.
- This may become the best time of your day!



4 TO 5 MONTH OLDS CAN:

- Reach toward a book and pat the pictures in it.
- Copy some of the sounds you say and the looks on your face.
- Pay attention to a book for only a few minutes at a time.
- Begin to have favorite books they get more excited about when they see.
- Smile, laugh, squeal, babble, or reach for you or the book. This lets you know that they want to keep talking, reading, and playing.

YOU CAN:

- Find a quiet, cozy place to cuddle up together with a sturdy book or 2.
- Name and point to the pictures your baby shows interest in.
- Turn the pages, following her interest.
- Act out pictures using your face, hands, and voice.
- Copy the sounds your baby makes and the looks on her face.
- This kind of back-and-forth "talking" lets her know you care about what she is saying and feeling.

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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.