

## HOW TO SHARE BOOKS WITH YOUR 4 YEAR OLD



- Preschoolers enjoy books and learn from reading 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 child.
- It teaches him how important he is to you. It builds his confidence, interest in learning and ability to handle small stresses.
- Looking at, reading, and talking about books with preschoolers helps build their vocabulary.
- Reading books with preschoolers helps them get ready to listen and learn in school.
- Set aside 10 to 20 minutes every day for reading together. This can be part of your 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 him in bed relaxed, but awake without a sippy cup. This helps prevent night waking and dental problems.
- This may become the best time of your day!

### 4 YEAR OLDS CAN:

- Tell you which 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 reading together.
- "Correct" you if you skip a word or page in a favorite book.
- Tell you the story in a favorite book in their own words.
- Begin to name the first letters in some of the words you are reading together

### YOU CAN:

- Find a quiet, cozy place to cuddle up together with a few good books.
- Ask your child to tell you about the pictures and the story.
- Respond with interest to your child's questions and comments.
- Read with joy and enjoyment! Use different voices for different characters.
- Ask your child to show you to all the things in a picture that are alike in some way. You can say: *"Can you find all the things that live in the ocean? or Show me all the things that make music."*
- Talk about emotions in pictures and stories. You can say: *Look at that boy! He looks happy. Why do you think he is happy? What makes you happy?*
- Ask your child to solve problems in stories. You can say: *Oh no! That girl won't share her toys. How would you feel if someone did that? What would you do?*
- Point out colors, shapes, numbers, and letters. Ask your child to find them in the books you are reading together.
- Point out written words in the world around you. For example, traffic signs and food labels in the store. Ask your child to find a new word each time you go out together.
- Take your child to your local public library to borrow books or to enjoy story time.

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

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