

HOW TO SHARE BOOKS WITH YOUR 5 YEAR OLD



- Five year olds are getting ready for kindergarten.
- Kindergarteners love books. They 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 her how important she is to you. It builds her self-confidence, her interest in learning, and her ability to handle small stresses.
- Looking at, reading, and talking about books with kindergarteners helps build their vocabulary. It teaches them about letters and the sounds they make.
- Reading books with kindergarteners helps them get ready to listen and learn in school.
- Set aside 10 to 30 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 kindergarteners how to fall asleep alone. Put them into bed relaxed, but awake. This helps prevent night waking.
- This may become the best time of your day!

5 YEAR OLDS CAN:

- Tell you which books they want to read with you.
- Tell you how a story makes them feel. Tell you how a story is like things they have seen or done.
- Ask you questions about books you are reading together.
- Begin to name the first letters in some of the words you are reading. They can start to learn the sound that letter makes.
- Predict (before turning the page) what might happen next in a story.
- Make a favorite story into a play. Put that play on for you.

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. Ask your child or to guess what may happen next.
- Respond with interest to her questions and comments.
- Read with joy and enjoyment. Use different voices for different characters.
- Talk about emotions in pictures and stories. You can say: *Look at her face! She looks mad. Why do you think she is mad? What makes you mad?*
- Ask your child to solve problems in stories. You can say: *Oh no! That boy won't share his cars. How would you feel if someone did that? What would you do?*
- Count the characters or objects in pictures with your child.
- Point out and name colors, shapes, numbers, and letters in their books with her.
- Point out written words in the world around you. For example, traffic signs and food labels in the store. Ask her 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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