

## HOW TO SHARE BOOKS WITH YOUR 6 TO 8 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 and builds his self-esteem.
- Looking at, reading, and talking about books with babies helps teach them to talk.
- Reading books with babies helps them learn 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 him 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!



### 6 TO 8 MONTH OLDS CAN:

- Hold onto a book and pat the pictures.
- Explore a book by feeling it, turning it upside down, putting it in their mouth or dropping it.
- Copy some of the sounds you say, the looks on your face, and the gestures you make.
- Smile, laugh, squeal, babble, or reach for you or the book. This lets you know that they want to keep talking, reading, and playing.
- Pay attention to a book for only a few minutes at a time. They will let you know how long they want to read with you.

### 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.
- Help your baby turn pages, following his interest.
- Act out the story or pictures using your face, hands, and voice.
- Talk about how your baby is enjoying the book. You can say: *It is a doggie. Doggie says woof woof.* or *You like putting that book into your mouth. Mmmm. How does it taste?*
- Make a game of copying your baby playing with books.
- This kind of back-and-forth play lets him know you care about what he likes and how he feels.

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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.