

FACT SHEET #1

CUDDLING



Reading as a family gets the best results.
Without your involvement, the benefits
of this activity are far less significant.

Children have a natural tendency to sit on your lap and cuddle up close when you look at a book with them. These moments together **foster an emotional connection** between you and your child. When you explore a storybook with your child, **she feels special, cherished and valued**, because your attention is entirely focused on her and what you're sharing through the book.

Even if your baby is still too young to fully understand the story, she experiences a feeling of well-being when being read to, because you are in a relaxed frame of mind and have stepped back a bit from daily life to spend a special moment with her.

TURN THE PAGES SLOWLY SO YOUR CHILD HAS TIME TO OBSERVE THE PICTURES IN DETAIL.