

FACT SHEET #8

A BOOK IS MORE THAN JUST A STORY!

You don't need to have great acting skills to make a book come alive!

All you need to do is **let yourself get carried away by the fun** that you and your child are having with the book and **let your imagination run free**. By naming the objects shown in the book and answering your child's questions, you'll create a dialogue with him.



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HERE ARE SOME ACTIVITIES THAT WILL SPARK YOUR CHILD'S INTEREST:

- **Touching.** Your baby learns with her senses. Touching, chewing and throwing a book are just part of the game of exploring this new object!
- **Using a book for play.** Hiding behind a book and playing peek-a-boo with your child will definitely get her laughing, as well as help her understand that you're always there, even when she can't see you.
- **Imitating sounds.** Try making animal noises, or the sound of a train, or the sound of running water. Another example: knocking on the book as on a door will help maintain or refocus your child's attention.
- **Playing "hunt and seek".** Play guessing games or look for specific objects as you go through the pages of a book (e.g., "Where's the cow?", "Show me the blue car."). This type of game is perfect for stimulating and maintaining the attention of your little one at times when she has to wait (doctor's office, restaurant, while a younger sibling is being fed, etc.).
- **Observing.** Show your child the pictures and make connections with things she's familiar with (e.g.: "This is a cat, like Smokey, the cat next door!", "Look, it's white, like snow!").
- **Putting the child in the story.** Ask her to "feed" the animals in the book with her fingers, or to "brush" the characters' hair. You can also stop reading and ask her to tell you the rest; this will make her feel she has some influence over the story.
- **Storytelling without reading.** Make up your own story based on some of the pictures in the book, or tell the story in your own words. This is guaranteed to stimulate a younger child's curiosity and encourage an older child to participate.

Don't worry if your child starts to flip through the pages quickly, moves around constantly or sometimes grabs the book out of your hands. This doesn't mean she's not interested in the book; it's just that she has plenty of energy and it's hard for her to sit still! The important thing is to focus on what seems to capture her interest most (e.g., the colours, shapes and objects shown in the book, the shape of the book, its textures and so on).
