

12 TIPS

TO SHARE WITH FAMILIES

Simple information to help parents integrate books into their children's daily lives.

1. THE ULTIMATE TOY.

For a baby, reading is beneficial in so many ways. It helps develop intellectual, language, motor and sensory skills and fosters social-emotional development. Books are the number one toy to help a young child grow in a healthy, positive way.

2. EVEN THE 0-2 AGE GROUP!

Language development peaks around the age of one. At this age, learning potential is also at its greatest since the brain of a very young child is twice as active as an adult's. Now is the time to maximize that potential!

3. WALKING THE TALK.

Everyone agrees that reading to young children is important, but actually doing it is not always easy. Three things parents say stand in the way of their best intentions are a lack of time, the belief that a child has to stay still to read, and not always having access to books. Helping parents determine what is preventing them from reading with their children and to find solutions can help them modify their habits.

4. “BUT HE WRIGGLES AROUND LIKE A WORM!”

When you read a book to a baby and he puts it in his mouth or throws it around, or if you don't finish the story because baby's attention has shifted, that's okay. At this age, “reading a book” is also a physical experience, full of new discoveries. What's important is making the activity a stimulating and enjoyable moment together. The book is, above all, a toy.

5. DIFFERENT APPROACHES.

Sometimes, men and women approach reading with very small children in different ways. Lots of dads, for example, prefer to play and be active. By confirming that reading does not have to be a stationary activity, dads will feel encouraged to continue reading with their little ones however they want.

6. “THE SAME BOOK? AGAIN?”

Re-reading the same book is fine and even a good thing. Young children love it. Not only do they need to hear the same story read over again to assimilate all the content (illustrations, characters, plot), but young children also feel special and reassured when they know the story and can anticipate what comes next.

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**7.
A FEW MINUTES
A DAY!**

A lot of parents feel overwhelmed by all the tasks involved in running a family. Emphasizing that it takes only a few minutes a day to make a difference in their child's development is a way to encourage them to cuddle up with their little one and look at a book together.

**8.
READ ANYWHERE,
ANYTIME AND IN
YOUR OWN WAY.**

Books are so much more than part of the bedtime routine. You can play with a book in the bath, the car, on the bus, at meal times... A book is a good way to focus the attention of these little bundles of energy.

**9.
“BUT I DON’T HAVE
ANY BOOKS”**

Taking a few minutes to write a list of where books are available and ensuring that parents receive this information can make a difference. Several community service providers have remarked that a good way of getting families to visit a library is to go with them at least once, to explain the layout and how the library works. Some people find libraries a bit intimidating at first.

**10.
READING PAVES THE
WAY FOR ACADEMIC
SUCCESS.**

Reading is one of the most effective ways of developing children's emotional, intellectual and language abilities – key elements for a strong start at school. If parents are taught and fully understand this, they will feel inspired to read with their young children and they will sense the importance of these precious moments now and in the future.

**11.
SETTING
THE EXAMPLE.**

Reading a book to a young child in front of his parent is a good way to introduce them both to the joy of reading. If you then give the book to the parent, the child will most likely ask for the book to be read again, and the parent will also most probably take a shot at reading the same book to his child.

**12.
USING THE WORDS
AROUND US.**

Reading doesn't just happen in books. There are also street signs, flyers, food labels and so on. Taking the time to read these words out loud makes children aware that words are everywhere and that reading is key.