

READ – Birth to 8 Months

Activities You Can Do With Your Young Child Today

- ◆ Cuddle up together and look at board books. Babies love to be held and to hear your voice.
- ◆ Read for a few minutes every night at bedtime. This is a soothing routine that will end any day on a positive note.
- ◆ Read on the go! Share a book while riding the bus or waiting in line.
- ◆ Read your world. Read aloud signs and labels as you travel around town or do your shopping.
- ◆ Make silly sounds and voices when you read. Try reading in a booming voice and then in a soft whisper. See how your baby reacts to different reading styles.
- ◆ Make eye contact with your baby when you read. Respond to your baby's gurgles, coos and facial expressions.
- ◆ Let your baby touch and play with books. Your baby may chew on board books and cloth books. This is fine, and should not be discouraged.

