

• Together Time •



Read Together 20
Minutes Every Day™



In My Life

Select a page or paragraph from a book you are reading together. For infants and toddlers, carefully describe what you see. For example, "Look at the yellow bus going down the

street. It has many windows so children can see where they are and wave goodbye to their parents."

For young children, talk about how that image or paragraph relates to them: "Next year, you will go on the yellow school bus with your older sister. At school, you will talk to other children about their pets and toys. Are you excited to go on the school bus?"

If you are reading with a school-age child, ask more detailed questions, such as: "Where are the children going?" "How do you think they felt about going to school on the first day?" "Were they happy? Nervous? Do you feel that way, too?"

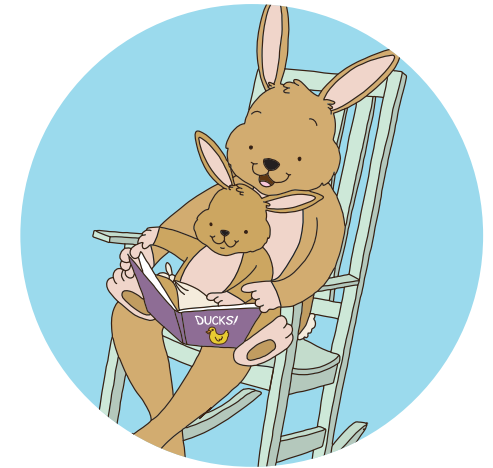
Why Reading?

There is compelling evidence that 85 to 90 percent of brain growth occurs in the first five years of life, and it happens as a product of a child's experiences, including the time spent reading together with parents or caregivers. Some researchers have been able to prove that specific areas of the brain that support reading skills are impacted when children listen to age-appropriate stories.



Here are some tips as you begin reading with your child:

- Allocate 20 minutes a day for reading together (and some more time to read by yourself). Be a reading role model.
- Be flexible and read together for as long as you can keep your child interested. Five minutes now, five later, and 10 at bedtime.
- Select books and materials that your child will find interesting and relatable. For example, a colorful picture book for babies and toddlers, a story about new friends for preschoolers, and a chapter book about the adventures of a school-age child for those starting school soon or already in school.



- Even if reading from an electronic device is tempting, prioritize face-to-face interaction. The closeness promoted by the human voice, its rhythm and inflection, are hard to replicate on an electronic device.

Enjoy these precious times. Reading together will create amazing memories your child will cherish the rest of their life.

