

Reading to Young Children

2 hours
or less
recreational
screen time
every day

TIPS TO MAKE READING FUN:

- If your child tends to squirm, try replacing text with your own words and point to the objects on the page as they are described.
- Use a new voice for each character and make the sounds of any animals pictured.
- Move your fingers across the page to show that movement is taking place.
- Each time you read a book, talk about the same thing using the same words. Children love repetition and enjoy it when you say something that they expect you to say.
- Encourage your child to participate in the story by pointing at objects, repeating words or adding sound effects.
- Talk about the pictures and don't stay on a page too long. Don't expect to finish!
- Start with bright, simple picture books. Kids often need to be taught to appreciate more beautiful, artistic books. Introduce these among your child's go-to favorites.
- When your child is about 12 – 18 months old, teach him or her to turn pages.
- If your child requires you to zip through the pages to stay interested, don't bother with the plot and focus on the images.
- If the story includes a particular event, emotion or concept that you would rather not present, make up your own version or just talk about the pictures instead.



Reading to your child for 20 minutes a day will deepen bonds while promoting brain development.

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.