

# TODAY I WILL GET LOST IN A BOOK



**A Guide to Reading with Your Child**





## Each day a story unfolds...

As an innovator in early childhood education, KinderCare® believes all children should have access to books, both at school and at home. In any given KinderCare center across the country, an infant is being read to, a toddler is learning to turn the pages of a book, and a preschooler is predicting what will happen next in a story.

We hope you're experiencing the same delights in your home with your child. Spending a few minutes each day sharing a story furthers your child's interest in reading. Not only will regular reading increase your child's language comprehension and vocabulary, but there is a strong correlation between reading at home prior to school and later educational success.

The added bonus? Reading with your child will be some of the most enjoyable and rewarding times you spend together.

**We hope you'll find this guide useful as you introduce your child to the joys of reading.**



As a leader in early childhood education, KinderCare knows that one of the best predictors of a successful reader is the amount of time a child spends reading. At home, there is much you can do to help foster your child's reading skills and set the stage for a lifelong love of books and learning.

## Be a Reading Model

Your own words and actions will speak volumes. Children pay attention to everything. When your child sees you reading newspapers, magazines, and books, he or she will understand the importance of reading and will want to read, too.

Reading to your child on a regular basis is by far the best way to encourage your budding reader. Here are some tips to make the most of your reading time:

- Make reading a relaxed, fun activity.
- Eliminate distractions such as television, music, and phones.
- Establish a routine time and place for reading, when possible.
- Invite your child to select books to read.
- Before you begin a new book, engage your child's imagination. Read the book's title and ask your child what the story might be about.
- Allow your child to hold the book, see the illustrations, and turn the pages.
- Pause periodically to ask questions about the text to help your child develop comprehension.
- Read with expression. Alter your voice for characters and become animated during exciting parts.
- Read the same books over and over again. Children love repetition, and they delight in being able to "read" along when a book becomes well known to them.

## HAPPY READING!



## NEWBORN TO 12 MONTHS



Early literacy begins in infancy. Reading to your baby can help him or her learn to talk, and be ready to listen and learn in school. KinderCare recommends setting aside time for sharing books as part of your regular bedtime routine. Not only will you give your baby a head start in literacy, but this quiet activity will be a special bonding time for both of you.

### Helpful Hints:

1. Newborns through four-month-olds may be content to gaze at the pictures and touch the pages. Cradle your baby in your arms as you read to provide security and a feeling of closeness.
2. At five to eight months, your baby may be more interested in mouthing and exploring the book than listening to the story. Provide books that are safe for your baby to engage with, such as board or cloth books.
3. At nine to 12 months, your baby may prefer to turn pages by him- or herself. Turning pages provides a hands-on experience and is an important step toward becoming an independent reader.
4. See pages 12 and 13 at the end of this booklet for a list of KinderCare recommended, age-appropriate books to help build your child's library.



### Newborns to Eight-Month-Olds Can:

- Hold onto a book and pat the pictures.
- Copy some of the sounds and expressions you make.
- Pay attention to a book for a few minutes at a time.

### Nine- to Twelve-Month-Olds Can:

- Reach for one of two books you offer them.
- Hold onto a book and touch the pages.
- Copy some of the sounds and expressions you make.
- Pay attention to a book for longer periods of time.

### Suggestions from the experts at KinderCare:

- Find a quiet, comfortable place for book sharing.
- Name and point to the pictures in which your baby shows interest.
- Help your baby turn pages.
- Join in as your baby plays with books.
- Select books with bright colors and simple illustrations.



**DID YOU KNOW?** Reading to your baby promotes language acquisition and literacy development and, later on, achievement in reading comprehension and overall success in school.\*

\*Early Childhood Education: Critical Data Needs for a Critical Period of Child Development. Forgione. National Center for Education Statistics. December 1998.



# 1 YEAR TO 18 MONTHS



As a leader in early childhood education, KinderCare recognizes that it is never too early to start reading to children. Even as young as 12 months, your child's interest in books will increase and he or she may want to point to pictures and turn pages. Your child may turn an inverted book right-side up or turn his or her head to see the upside-down picture correctly. These are great signs of growing engagement in reading.

### Helpful Hints:

1. The typical attention span for a toddler is short, so you'll need to be flexible about when and where to have reading time. It's a good idea to have books around the house so when the time is right a book is nearby.
2. While reading together, ask questions about the pictures. Your child will delight in finding things on the page.
3. While at first you may be the one acting out scenes and turning pages, eventually your child will want to participate more, making you partners in reading.
4. See pages 12 and 13 at the end of this booklet for a list of KinderCare recommended, age-appropriate books to help build your child's library.



### Twelve- to Fourteen-Month-Olds Can:

- Choose a book to share.
- Imitate your reactions as you read.
- Begin to turn pages independently, especially while enjoying a book with you.

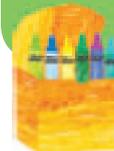
### Fifteen- to Eighteen-Month-Olds Can:

- Look at favorite pictures and make sounds that represent them.
- Pay attention to a book for a few minutes at a time.
- Laugh, squeal, and find other ways to show their pleasure.

### Suggestions from the experts at KinderCare:

- Find a quiet, comfortable place for book sharing.
- Ask your child questions he or she can easily answer by pointing, for example, "Where's the doggie?" or "Where's the happy baby?" or "Who says meow?"
- Imitate the sounds or words your child says while looking at pictures. Then add more information, for example, "Yes, eyes. The girl has pretty eyes."
- Make up games while looking at pictures, such as "Where's the girl's nose?" or "Where's Mommy's nose?" or "Where's your nose?"
- Name and then demonstrate actions in a book, for example, "Laughing. Look at the boy laughing," and then laugh with your child.

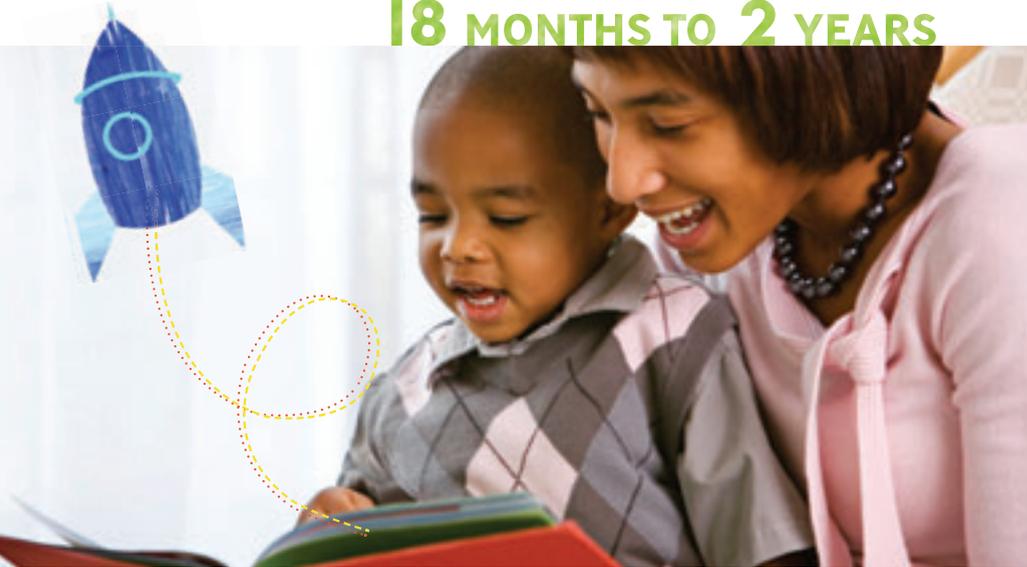
**DID YOU KNOW?** A leading study showed that babies who were read to regularly starting at six months old had a 40% increase in receptive vocabulary by the time they were 18 months old. Babies who were not read to had only a 16% increase in receptive vocabulary.\*



\*Literacy Promotion in Primary Care Pediatrics: Can We Make a Difference? High, et al. Pediatrics. 2000.



# 18 MONTHS TO 2 YEARS



At KinderCare, our passionate teachers understand that reading aloud to toddlers expands their vocabulary and develops their comprehension skills. Reading aloud at home is equally important, and creates an interactive experience that will translate into a love of reading. Select books that reflect your child's interests and that feature characters with whom your child can identify. The more excitement you show when reading with your child, the more your child will enjoy reading.

### Helpful Hints:

1. Choose books that focus on basic concepts — emotions, colors, shapes — so your child can learn from them and develop vocabulary.
2. The inflections in your voice are like music to your child's ears. Simple rhythm makes the language easier to remember. Reading a book the same way each time allows your child to pick up the rhythm of the text and could lead him or her to "read" the story the next time.
3. Provide books with rhyming words. Rhyme provides children with an engaging sensory experience.
4. See pages I2 and I3 at the end of this booklet for a list of KinderCare recommended, age-appropriate books to help build your child's library.



### Eighteen- to Twenty-Four-Month-Olds Can:

- Choose a favorite book they want to share.
- Point to a favorite picture and say a word or two about it.
- Finish a sentence from a book they know well.
- Enjoy a trip to your local public library for story time or to borrow books.

### Two-Year-Olds Can:

- Enjoy sharing the same book over and over again.
- Repeat some of the words and phrases you say or read.
- Ask you questions, such as "What's that?"
- Use short phrases such as "Me go, too?" and "This mine?"
- Participate in short rhymes and poems.

### Suggestions from the experts at KinderCare:

- Find a quiet, comfortable place for book sharing.
- Help your child improve pronunciation by repeating words the way he or she says them, then pronouncing them correctly.
- Foster comprehension by speaking in slow, short sentences and by waiting for your child to share his or her thoughts.
- Ask your child to tell you about the pictures and the story. Respond with enthusiasm to your child's questions and comments.
- Encourage your child to show you all the things in a picture that are alike in some way. You might say, "Let's find all the blue things" or "Show me all the things that fly."
- Point out colors, shapes, numbers, and letters in books.
- Take your child to your local public library to borrow books or to enjoy story time.
- Give your child picture books and encourage him or her to tell you the stories.

**DID YOU KNOW?** Children who have experienced an abundance of language in the form of talk and read-alouds will have heard 32 million more words by the time they are four than children who haven't had a language-rich environment.\*



\*Hart, B., and T. R. Risley. 1996. *Meaningful differences in the everyday experience of young American children*. Baltimore: Brooks Publishing.



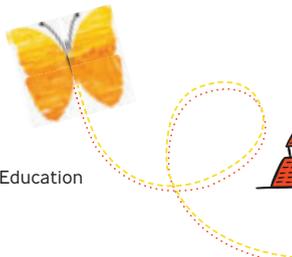
3 TO 4 YEARS



Becoming literate is a step-by-step, developmental process. For teachers at KinderCare, preschool is an amazing time to watch the children in our care blossom into readers. You will see big changes in your child at home, too. As your child's attention span increases, introduce books with more words on the page that include a short story sequence. Books that relate to daily routines, animals, and familiar characters are often the most engaging for children this age.

**Helpful Hints:**

1. Help your child develop predictive skills by asking questions, such as "What do you think she will do next?"
2. Ensure books are not too hard or too easy. Your child may be able to read familiar books. Remember, books you read aloud should be more challenging.
3. Set aside at least 20 minutes to read every day and find books your child enjoys to keep him or her motivated and engaged.
4. See pages I2 and I3 at the end of this booklet for a list of KinderCare recommended, age-appropriate books to help build your child's library.



**Three- to Four-Year-Olds Can:**

- Name the books they want to share with you.
- Ask questions about books you are enjoying together.
- Correct you if you skip a word or page in a favorite book.
- Tell the story in a favorite book in their own words.
- Make predictions.

**Suggestions from the experts at KinderCare:**

- Find a quiet, comfortable place for book sharing.
- Introduce your child to a variety of genres, to give him or her early experiences with different types of books.
- Bring books everywhere you go — in the car, to the doctor's office, to the park.
- Ask your child open-ended questions about the story you are reading, such as "Why do you think that happened?"



**KINDERCARE'S SUGGESTIONS ON HOW TO MAKE READING FUN**

Here are some ideas for creating fun reading routines at home:

- **Cook with a book.** Read a book with a food theme before you head to the kitchen to cook something together.
- **Read in a tent.** Reading in a tent is a fun way to enjoy reading time together at night.
- **Have a pajama party.** Children love to gather in bed with their parents. Dress everyone in their favorite pajamas and climb into bed for some fun and comforting reading time.



**DID YOU KNOW?** Excessive TV viewing can delay reading skills of preschoolers. Children in "heavy" TV households are less likely to read.\*

\*Early Media Exposure: Implications for Learning. Rideout, Vandewater, Wartella. Children's Digital Media Center. Georgetown University 2003.



## Building a Library at Home for Your Children



Building a home library will be a rewarding experience for the whole family. At KinderCare, we have created many children's libraries ourselves, and so would like to offer some advice as you create one of your own.

It's never too early to begin building your home library. Even the youngest infants and toddlers need books to promote literacy and language development. Home libraries do not have to be expensive. It's not about the quantity of books you have, but about the quality and variety of books available to your child.

Most importantly, making time to read together — and making reading a part of your daily routine — will help your child fall in love with reading.

### When starting a home library for your child:

- Choose books with words that are rhythmic, to draw your child's interest to the sounds of the story.
- Include books with interesting photos and illustrations.
- Look for sturdy books that can withstand a young child's constant handling and mouthing (board books, with heavy cardboard pages, are ideal).
- Include a few books that stimulate all the senses — touch-and-feel books or books that make sounds.
- Avoid books that mimic popular television shows.
- Look for reputable authors and illustrators. Many of their classic stories are available in board book form.
- Include at least one children's cookbook with photos and a book of easy science experiments.
- Include a poetry anthology with simple poems and colorful illustrations.

Studies show that having access to a wide variety of reading materials is essential in helping your child become a strong reader. Establishing a quality home library may inspire your child to read and enjoy literature throughout his or her lifetime.

## START BUILDING YOUR HOME LIBRARY TODAY!

**DID YOU KNOW?** An extensive international study based on over 70,000 case studies in 27 countries showed that "Children growing up in homes with many books get three years more schooling than children from bookless homes, independent of their parents' education, occupation, and class."<sup>\*</sup>

\*Family scholarly culture and educational success: Books and schooling in 27 nations. Mariah Evans, University of Nevada-Reno. Research in Social Stratification and Mobility (journal). 2010.



10

Leaders in Early Childhood Education

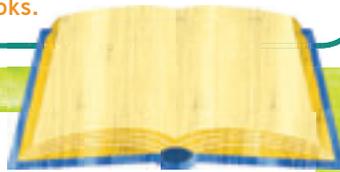


Leaders in Early Childhood Education



## KINDERCARE'S SUGGESTED READING LISTS

A world of books awaits your child. Below are some age-specific book suggestions to get you started. Choose a variety of genres such as fiction, nonfiction, poetry, and picture books to provide a range of experiences for your child. You can find many great reading lists online and, of course, your local library is a terrific resource for accessing books.



### INFANTS

AUTHOR	TITLE
1. Byron Barton	<i>Planes</i>
2. Priddy Bicknell	<i>Happy Baby Friends</i>
3. DK Publishing	<i>Baby Animals</i>
4. Kin Eagle	<i>It's Raining, It's Pouring</i>
5. Lois Ehlert	<i>Color Zoo</i>
6. Sophie Fatus	<i>The Silly Shapes</i>
7. Mem Fox	<i>Ten Little Fingers and Ten Little Toes</i>
8. Melanie Gerth	<i>Ten Little Ladybugs</i>
9. Roberta Grobel Intrater	<i>Smile! (Baby Faces)</i>
10. Dorothy Kunhardt	<i>Pat the Bunny</i>

### TODDLERS

AUTHOR	TITLE
1. Debbie Bailey	<i>My Family</i>
2. Margaret Wise Brown	<i>Big Red Barn</i>
3. Sandra Boynton	<i>Barnyard Dance!</i>
4. Child's Play	<i>The Wheels on the Bus</i>
5. Mem Fox	<i>Time for Bed</i>
6. Mirra Ginsburg	<i>Good Morning, Chick</i>
7. Diane James	<i>Time to Wake Up!</i>
8. Phyllis Root	<i>One Duck Stuck</i>
9. The Smithsonian	<i>Tiger Cub See-and-Do</i>
10. Henrietta and Paul Strickland	<i>Dinosaur Roar!</i>



### PRESCHOOLERS AND PREKINDERGARTNERS

AUTHOR	TITLE
1. Judi Barrett	<i>Animals Should Definitely Not Wear Clothing</i>
2. Janell Cannon	<i>Stellaluna</i>
3. Eric Carle	<i>The Very Hungry Caterpillar</i>
4. Lauren Child	<i>But Excuse Me, That is My Book</i>
5. Penelope Dyan	<i>There's an Alligator in My Closet!</i>
6. P.D. Eastman	<i>Are You My Mother?</i>
7. Don Freeman	<i>Corduroy</i>
8. Rachel Isadora	<i>Friends</i>
9. Crockett Johnson	<i>Harold and the Purple Crayon</i>
10. David Kirk	<i>Miss Spider's Tea Party</i>

### KINDERGARTNERS TO SECOND GRADERS

AUTHOR	TITLE
1. Tedd Arnold	<i>Shoo, Fly Guy!</i>
2. P.D. Eastman	<i>Go, Dog. Go!</i>
3. Else Holmelund Minarik	<i>A Kiss for Little Bear</i>
4. Althea Kontis	<i>Alpha Oops!</i>
5. Arnold Lobel	<i>Frog and Toad are Friends</i>
6. Herman Parish	<i>Amelia Bedelia Under Construction</i>
7. Ron Roy	<i>A to Z Mysteries series</i>
8. Cynthia Rylant	<i>Henry and Mudge: The First Book</i>
9. Richard Torrey	<i>Beans Baker's Best Shot</i>
10. David Wiesner	<i>Flotsam</i>





**Interested in learning more?**

Visit **[www.KinderCare.com](http://www.KinderCare.com)** or call us at **877.700.0017**