

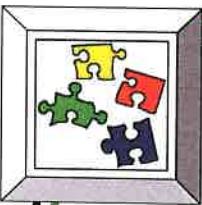
Infancy Visit #20

- PIPE: Reading to Baby
- ASQ Activities: 8-12 Months



Topics for Next Visit

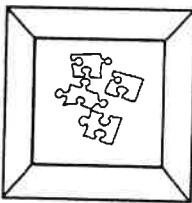
- 9 Month Growth & Development
 - Baby's 1st Birthday
- Injoy Videos: Healthy Baby 7-12 Months, Milestones 9-10 Months, Play 7-9 Months



Reading to Baby



gctH



Conceptual Overview

LISTEN
TOPIC 8

1. **Reading together helps parent and baby feel close.** Most of us have fond memories of being read to and still enjoy having someone read to us. Infants love to hear the sound of their parent's voice reading almost anything. Sharing a story is a fun and focusing task. When parents read books with children, they can bring life to the images by comparing pictures to objects around the house. For example, Johnny can wear his hat while reading a book about hats. It is even more fun when stories are created together. The parent and child both become actively involved in where the story is going. Children will join in the story as parents suggest, "Where is the mouse? Can you find him?" This active participation encourages children to share what they see. If parents teach animal noises by exaggerating them, they will often hear their child repeating those sounds to their stuffed animals.

Books also provide an opportunity for parents to practice expressing different emotions within the safe context of a story. High-risk parents are often intimidated to use voice inflection to express emotion. If they are interpreting a story, they may be more willing to use voice tones to make the stories exciting, mysterious, sad, or fun.

2. **Reading a story is a good way to regulate babies and toddlers.** Babies and young children often quiet and attend for longer periods of time when someone is reading to them. The sound of a parent's voice is soothing; the pictures are interesting, the anticipation of the next page is exciting. When a toddler becomes overexcited or has been playing an active game, a book can be the perfect thing to reorganize and calm him.

Most toddlers like the same story over and over. They will begin to memorize and play act parts of it. This is because they feel comfortable or safe with the "old favorite." It represents stability. Toddlers often pick out a favorite story for bedtime and make it a rigid routine. Many parents still remember some of their favorite bedtime stories. Reading can be a lifetime tool that can also be used by adults to calm themselves and help re-establish equilibrium.

3. **The reading experience should be developmentally appropriate.** Reading to baby should begin soon after birth. Different kinds of books are interesting to babies at various stages of development. Nursery rhymes are a good choice for newborns. Young babies enjoy pictures of faces. Sharing a book with a 9-month-old is a fast tour: pointing to familiar things, making sounds, turning pages, and sharing lots of interest and surprise. Babies are practicing motor skills when they turn pages. Board books help them practice. One-year-olds love simple animal books or ones that show single pictures. The older baby enjoys books that picture familiar situations like brushing teeth or going to bed. Toddlers enjoy predictable books that seem to lead us to the next page. They

LISTEN

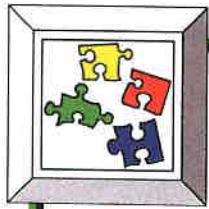
TOPIC 8

can guess or learn a pattern of action through the story and begin telling you the story themselves. The older toddler often likes action and adventure books. From 2 to 3 years of age, most children can listen intently when parents read or tell a story.

4. **Reading helps babies learn language.** When babies listen to a story, the rhythms and syntax of a language become more familiar. This makes it easier for them to learn the flow of language and will encourage them to practice words and form sentences. Learning language involves using many of the senses. Babies enjoy hearing a story and seeing the pictures, but just touching and handling books is also interesting for babies. When they are big enough to sit, babies like to play with books and magazines. They like to see the pages turn, explore different colors and images, and reach for things in the book that give them pleasure. Some books are made specifically for sensory stimulation (for example, *Pat the Bunny*).
5. **Babies like having their own books.** Parents can have books for their baby in every toy box or all areas of the house. By the end of their first year, babies may want to take books to their own space and "read" to themselves. They will sit alone and turn pages, talking and babbling to the images they find. During the second year, children whose parents have read aloud to them may actually prefer books to toys.

Going to the library is a great shared activity for 3-year-olds. They will find shelves of picture books to explore and endless choices to start them on a future of learning. What a wonderful place to satisfy curiosity and to have a quiet time of focus for both the parent and the child. A toddler quickly imitates "reading" when he sees his parent reading quietly.

Reading is a fun activity that lasts a lifetime. Reading opens doors for learning and sharing. Parents set the stage for their child's enjoyment of reading and, in doing so, give their child a gift for the future.



Types of Books for Children

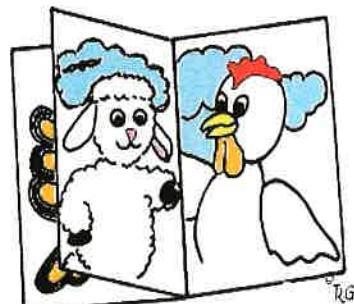
Type of Book	Purpose
1. Picture Books	<ul style="list-style-type: none">- Promote language, creativity, and imagination- Share feelings and experiences- Make character voices- Provide visual variety
2. Animal Books	<ul style="list-style-type: none">- Identify with various animal characters- Make animal noises
3. Alphabet/Word Books	<ul style="list-style-type: none">- Supply letters and word models- Pair words and objects- Teach alphabet and letters
4. Rhyming Books	<ul style="list-style-type: none">- Provide an opportunity for the parent and the baby to share fun playing with words- Encourage response to sound and rhythm of a parent's voice
5. Counting Books	<ul style="list-style-type: none">- Provide interaction with the symbols for numbers- Introduce numbers and objects that increase or decrease
6. Sensory Books	<ul style="list-style-type: none">- Stimulate senses- Practice motor skills
7. Feelings Books	<ul style="list-style-type: none">- Offer positive solutions to childhood fears- Help the child cope with and understand his/her feelings
8. Cumulative (Repeating) Books	<ul style="list-style-type: none">- Encourage interaction/participation- Anticipate next word or sound
9. Bedtime Books	<ul style="list-style-type: none">- Calm and relax the baby for bed- Establish nighttime routine



Books for Babies and Toddlers

Should Be Brief ~

- only a few sentences or short paragraphs to a page
- error-free language
- repetition of words, phrases or ideas
- writing that is clear, exact, and appropriate to the story



Should Have Pictures ~

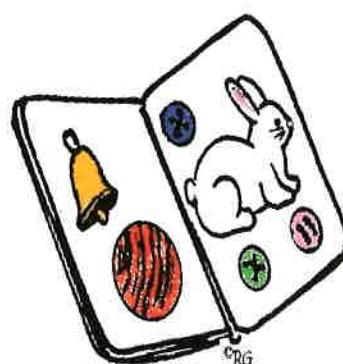
- in color
- simple and realistic
- familiar objects
- easy to understand
- artistic and related to the story
- placed on the page with the part of the story they illustrate



Should Be Age-Appropriate ~

First 6 months:

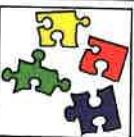
- rhyming words (nursery rhymes)
- touch and feel
- board books (durable or washable)



6 to 18 months:

- brightly colored pictures of objects
- words which repeat and rhyme
- sounds things make (animals, vehicles, etc.)
- usually no words on page

continued on next page



Books for Babies and Toddlers, cont.

Should Be Age- Appropriate, cont.

18 months:

- durable, cardboard pages
- simple story
- action words (things toddlers do)
- pictures/illustrations of things which a child could identify
- one or two words on a page with a very simple story line
- rhythm and repetition



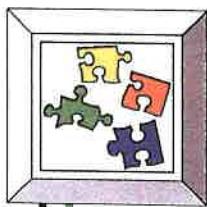
2 years:

- durable, cardboard pages the child can turn by himself/herself
- words on most pages
- words that rhyme
- introduces new and unusual words (vocabulary building)
- number words
- short sentences

3 years:

- books about familiar things or people
(e.g., about a boy, or about a daddy)
- books that have a moral or explain how something works
- books that introduce new things
- books with similar sounding words (e.g., The Cat in the Hat)
- counting books
- books that include capital and small letters
- appropriate to a toddler's emerging skills
 - recognizing the letters in his or her name
 - memorizes stories (e.g., knows if you skipped a page)
 - pretending to read and telling the story as if he or she were reading from the book





A+ Ideas for Reading to Your Baby or Toddler

Read aloud together. It helps your infant to hear your voice. Lie on the bed quietly with your baby and read aloud. In the early months it does not even need to be a children's book; it could be a computer manual. Your voice and your emotion matter.

Zip through lots of books together. With your baby or toddler on your lap, "cruise" the mail, magazines, newspaper, and books. Turn pages fast, point to what is interesting (remember, you are the model), and also let toddlers point to what interests them.

Choose baby books with simple, familiar images. For first readers (8-14 mos.) choose cloth or cardboard books with large, simple pictures of items babies might see around them. Babies really like to see other babies, animals, and items they use or play with.

Animate the pictures in baby books. Do not read the words in the book. Instead, make noises for animals, squeals for babies, act out brushing teeth ("brush, brush, brush"). If your baby tries to copy your noises, encourage this. Soon your baby may "read" to himself/herself, using noises or actions for what he or she sees.

Have children's books around. Keep books in the toy box. Baby books are easy to find at the library or in drug stores or grocery stores. You can also make books which babies like by drawing or pasting pictures on cardboard. Toddlers like to help you make these books. Keep a book in your child's bed and a book near the car seat.

Use words toddlers know and can say. Identify people in books, using names of people toddlers know. ("She is like Mommy. He is like Daddy. Baby is like you!")

Wait for your child to read with you. As you identify pictures, pause for a bit and see if your child will try to say the word too. If he or she wants to join in and tell you more about the pictures, wait and let your child add some ideas. Be adaptable: don't worry about what the story actually says.

It is OK to jump around in a book. Often children want to hurry to the end or see a picture they love. It is good to let children look ahead to see what they like and then go back to see more of the pictures. Often the story is not important to the child.

Read the same book over. This may be boring for parents, but children become attached to certain books. Having the familiar pictures and a story they know is a form of balance and equilibrium for them. Some books become part of a routine, such as a bedtime story, or a story that Gramma always reads. Reading is play that leads to love.

Using Your Public Library

There are many services available at the public library. It costs nothing to use a public library. The services are free! Circle the library services below that you have used.



Check out books, DVDs,
music



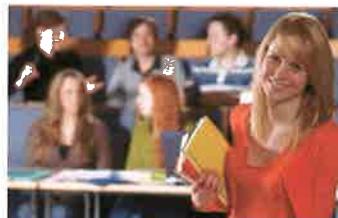
Children's Programs



Literacy Programs



Book Clubs



Adult Education Classes



Genealogy (Family Tree)
Information



Computer Lab



Programs and Events



Old Periodicals to Research

Which service would you like to try?



Read Aloud 15 MINUTES

Every child. Every parent. Every day.

DOES READING ALOUD REALLY MATTER?

YES!

More than one in three children arrive at kindergarten without the skills necessary for lifetime learning.

Research shows that reading aloud is the single most important thing you can do to help a child prepare for reading and learning.

LANGUAGE DEVELOPMENT
The number of words that a child knows on entering kindergarten is a key predictor of his or her future success.

INSTILL A LOVE OF READING
Your example demonstrates that reading is important, pleasurable and valued.

KNOWLEDGE GAINED & SHARED
Books are a pleasure, yes, and they are also informative. You and your child can learn something new as you read aloud.

WHY READ ALOUD?

LITERACY SKILL BUILDING
Vocabulary. Phonics. Familiarity with the printed word. Storytelling. Comprehension. Reading aloud builds literacy skills.

BRAIN DEVELOPMENT
From birth to age 3 are critical years in the development of language skills.

BONDING
Is anything better than sharing a good book?

DON'T GOOD PARENTS ALREADY READ ALOUD DAILY?

NO

Only 48% of young children in this country are read to each day.

More than 15% of young children, 3.1 million, are read to by family members fewer than three times a week.

Reading 15 minutes every day for 5 years:
27,375 MINUTES

456.25 HOURS

IS 15 MINUTES ENOUGH TO MAKE A DIFFERENCE?

YES!

Learn more at ReadAloud.org



AMERICAN
SPEECH-LANGUAGE-
HEARING
ASSOCIATION

YOUR CHILD IS GROWING IN WAYS

YEAR
1 to 2

YOU
CAN
AND
CAN'T
SEE!

HEARING & UNDERSTANDING

- Points to a few body parts when you ask.
- Follows 1-part directions, such as "Roll the ball" or "Kiss the baby."
- Understands simple questions, like "Who's that?" and "Where's your shoe?"
- Listens to stories, songs, and rhymes for a longer time.
- Points to the pictures in books when you name them.



TALKING

- Uses many new words.
- Uses p, b, m, h, and w in words.
- Starts to name pictures in books.
- Asks what, who, and where questions, such as "What's that?" "Who's that?" and "Where's kitty?"
- Puts 2 words together, such as "More apple," "No bed," and "Mommy book."

TALK! GESTURE! EXPLAIN!

How can you help your child learn?

Talk to your child using a lot of different words, including "big" words. Children enjoy new and unusual words.

Gesture as you speak. Name, describe, and point to objects and people. Ask your child to point and use words for these objects and people too.

Explain what you are doing and what your child is doing using longer sentences. This helps your child use one- and two-word expressions, such as "Uh-oh," "Read book," and "More juice."

**TALKING IS
TEACHING**



LISTENING IS
LEARNING

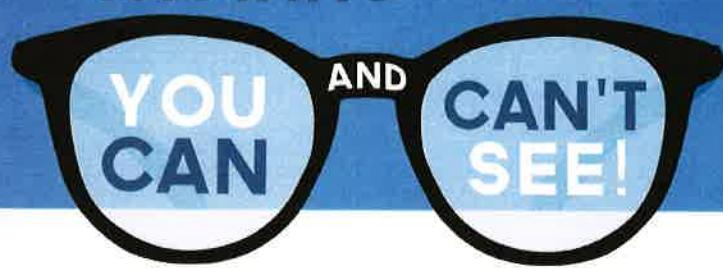
Develop your child's awareness of sounds. Talk about the sounds you hear and help your child look in the direction of sounds. Talk about animals and their sounds.

Tell your child stories, sing songs, say nursery rhymes, and play word and gesture games like pat-a-cake.

Get help if you have concerns about your child's hearing or talking.

Visit IdentifytheSigns.org for more information.

YOUR CHILD IS GROWING IN WAYS



That's why... reading aloud is so important!

I do! I do! Your child's reading skills are developing. He can pull out books for you to read and she can turn the pages herself.

What's that? Children are learning language fast. They may quadruple the number of words they know between ages 1-2.

Talking is teaching. Studies have shown that children learn best through back-and-forth interaction with a loving caregiver. That's you!

Again! Again! Children this age love repetition and familiar phrases.

That's why... You can make your child an even more active participant in story time. Let her pick books, turn pages, point to pictures, and begin to name them.

That's why... Reading aloud is a great way to build vocabulary. Books introduce new words, concepts, and even feelings that might not come up every day. Point to pictures and words, and watch your child begin to make connections.

That's why... It's important to ask your child questions about the book, and smile and respond to his questions and observations. Connect the stories you have read together with real life events.

That's why... Your child may want to read the same favorite book over and over. Be patient! Gently introduce new books that may become the next favorite.

DID YOU KNOW...

When you read aloud you're giving your child:



- More vocabulary
- An understanding of how books and reading work
- Knowledge about the world and people
- Food for the imagination
- Memories of your special time together
- A love of reading and learning that will last a lifetime



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HEARING
ASSOCIATION

Read Aloud 15 MINUTES and the American Speech-Language-Hearing Association are proud to collaborate on this initiative to reach parents of young children.



**Read Aloud
15 MINUTES**
Every child. Every parent. Every day.

Communication

Activities to Help Your Baby Grow and Learn

Your baby now has many different sounds and a lot to say. She likes to play with sounds, such as "ba ba ba," and is learning that some sounds mean special people, such as "dada" and "papa." She understands some words and directions now and will soon say the names of familiar people or things.



Following Directions

Help your baby learn to listen and follow simple directions. Try simple directions, such as "Show me Grandma," "Wash your tummy," or "Hold the diaper." When baby responds or follows the direction, be sure to let him know you notice: "Oh, there's Grandma" or "Thank you for holding the diaper."

Grocery Time Is Learning Time

When you go to the food market, talk to baby about what she is seeing. Let her hold a small box or a piece of fruit. Point out signs in the store and read them to your baby: "That sign says apples. Let's get some nice red apples."

The Phone Game

Talk to your baby on a play phone or an old cell phone. Be sure to remove the battery before giving it to baby. When there are two phones, you can both "talk," even though baby may only make her baby sounds or pretend to listen. Your baby will have fun carrying on a conversation just like big people.

Sleep Waltz

At naptime or bedtime, hold your baby close and dance together to some quiet music. Your baby has probably spent a lot of time exploring during the day. Now she needs some cuddling. This communicates to baby a feeling of closeness and intimacy.

Just My Voice

When baby is awake and alert, turn off the television and other household sounds so that he only hears your voice. This helps baby hear the sounds of words more clearly. Hum and sing just for baby's pleasure. Ask baby, "Can you hear a bird? Can you hear the rain?"

Baby Babble Game

When your baby makes a sound, such as "ba," repeat the sound back: "Ba ba ba." Your baby will enjoy playing with sounds and making conversation.

Applause, Applause

When baby does something new or fun, give baby a hand. Clap and say, "Yeah!" Baby will love the attention and may start to clap, too!

Reading Fun

Read to your baby every day. Cuddle up, get close, and make this a special time together. Point to pictures in books or ask her to find something: "Where's the kitty? Where are baby's socks?"

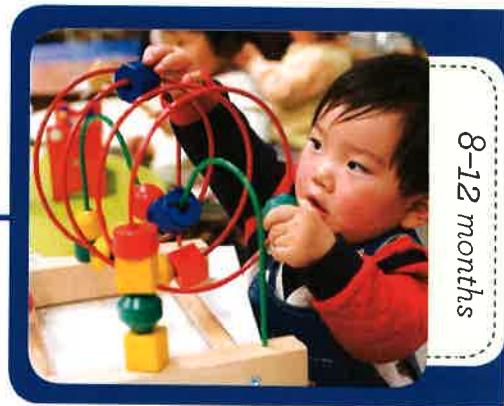
Notes:

Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.

Fine Motor

Activities to Help Your Baby Grow and Learn

Your busy baby is beginning to pick up tiny bits of food with her thumb and forefinger. She can take things out of a container, such as spoons out of a plastic bowl, and can bang two toys together. If you give her a crayon and paper, she may even attempt to imitate your writing with a scribble.



Feeley Game

In a cardboard box, collect things to feel, hold, and bang. Good items might include an empty plastic bottle, a toothbrush, and a little shoe. Let baby reach into the box to grab something and pull it out to show you. Talk about what he is holding. This exercise for little muscles also helps baby explore how different things feel.

Find the Feet

With baby sitting on the floor or the bed, drop a towel or small blanket over baby's feet. Ask baby, "Where are your feet?" Let baby pull off the blanket and show you her feet: "Hooray! There they are." Then play it again!

Catcher's Up

Use a small, soft ball (or make a ball out of socks rolled together) and play catch with your baby. He won't be able to really catch the ball yet, but he will enjoy trying to throw it and chase after it.

Tearing

Get a big basket or box and put some old magazines and wrapping paper inside. Let your baby tear what she wants. If she is more interested in putting wads of paper in her mouth, put the box away and try again in a few weeks.

Sticks and Stones

Take a walk outside. Encourage your baby to pick up items, such as stones, twigs, and leaves. Put them in a pail or paper bag. Talk about the color or the size: "Look, this big leaf is nice!"

Goodies in a Jar

Put small pieces of cereal in a screw-top or snap-top plastic container. Put the lid on loosely. Let baby take the lid off. You may have to show your baby how to take the lid off and get the cereal. Soon he will do it by himself.

Bedtime Book Time

A great way to get ready for bed is to snuggle up and read books with your baby. Let her pick a few books and help turn the pages. Talk about the pictures and ask her to point to things she sees. Enjoy your special time.

Notes:

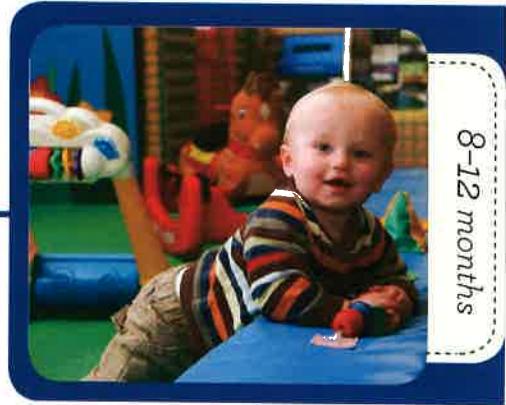


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Gross Motor

Activities to Help Your Baby Grow and Learn

This is a very active period for your baby. He's now pulling up on furniture, crawling and creeping into places he couldn't reach before, and getting ready to walk. In fact, he will probably walk holding on to your hand and attempt a few steps without your help. Baby is on the move!



Money in the Bank

Save large lids from jars to use as "money." Now that your baby can sit on her own, let her put these round things into a clean container. Then shake the container and make a great noise. Dump them out and put the "money" in the bank again.

Kick, Kick

When you are changing your baby's diaper or getting him ready for bed, play this game. As your baby kicks his legs, sing in rhythm to the kicking. When your baby stops kicking, stop singing. When he starts again, start singing. This will develop into a fun game of stop and go. Your baby not only exercises his muscles, but he gets to be the boss.

Reaching for Fun

If your baby is pulling herself to a standing position, put some of her favorite toys on a low table and let her stretch way out to reach them. This will give her practice with reaching and balancing. She will also be learning about ideas such as near and far.

Rain, Rain in the Tub

Get a small empty plastic container, put some holes in it, and let your baby fill it with water during bath time. Help him to hold it up and discover "rain" for himself while you supervise.

Walking Practice

Once your baby has started to walk, she will want to practice a lot. Show her how to hold on to a lightweight but stable chair or stool and push it around the room. Sturdy cardboard boxes also make great push toys. Let your baby push things indoors and outside.

Tunneling

While folding laundry, throw a blanket or sheet over a table or the backs of two chairs. Let your little explorer crawl into the "tunnel." When he's out of sight, call him. Then, greet him with surprise when he finds you: "Oh, there you are!"

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Always stay with baby when he is in water.

Personal-Social

Activities to Help Your Baby Grow and Learn

Your baby may fear strangers and want only you. She loves to explore her environment and needs your watchful eye to keep her safe. She knows her likes and dislikes and shows love for you and even favorite toys. She can help you dress her by holding up a foot for a sock or pushing her arm into a sleeve, but she is not ready to dress herself independently.



8-12 months

Bath-Time Helper

When your baby is taking a bath, give her the washcloth. Encourage her to wash by herself. After the bath, let your baby help herself get dressed by pushing her arm through her nightshirt. Be patient; these self-help skills take a lot of time and practice. Be sure to give her lots of praise: "What a good job you did getting dressed!"

Follow Me

Your baby is learning to enjoy imitation. Encourage this by showing your baby how to play Follow the Leader. Use simple movements, such as tapping on the table or putting a hat on your head. Talk about what you are doing. Say, "It's your turn," and see if your baby will follow along. Let your baby have a turn at being the leader.

Party Time

Your baby may enjoy watching older children play, especially when he has older brothers or sisters. If there are other babies his age in the neighborhood, he will enjoy playing alongside them. At first, they will enjoy watching each other. Eventually, they will learn to play together.

Little Helper

Give your baby a damp sponge. Let her wipe the table, chairs, floor, walls, and doors—whatever she can reach. She may enjoy doing this while you are getting dinner ready or washing dishes. Baby won't really clean anything but will feel proud of doing things "just like mommy." Tell baby, "Thank you for helping Mommy (or Daddy)."

Snack Time

Your baby will enjoy feeding himself during snack time. Give him a few choices of simple foods such as crackers, pieces of fruit, or bits of cereal. He'll even enjoy trying to drink out of an open cup with a little help.

Mirror, Mirror

When you have a moment at home or while running errands, stop and encourage your baby to look at her face in a mirror. Make silly faces. Tell her what a big girl she is getting to be!

Roly-Poly Game

While sitting on the floor, roll a small ball to baby, and then ask him to roll it back. Now do it again. Then do it just a little faster! This is a fun game to play with an older sister or brother.

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Remember to always supervise baby during bath time and mealtime.

Problem Solving

Activities to Help Your Baby Grow and Learn

As baby learns how things work, he will be busy taking them apart. He can take pieces out of a puzzle or rings off a stack. He is learning how to find hidden objects under a blanket. He enjoys looking at pictures in a book and enjoys when you name the pictures. He's been so busy exploring that he probably now knows the word no.



Rhythm Play

Give your baby spoons to drum on a table or a pot. Clap blocks or sticks together to make sounds. Sing along and dance a little. Enjoy the music!

Scarf Play

Tie several colorful scarves together. Insert one end into a cardboard tube. Let your baby pull the scarves through the tube. Now see if your baby can stuff the scarves back into the tube.

Listen and Find

Hide a ticking clock or a toy that makes sounds under a pillow or blanket. Let your baby listen to find the sound: "Do you hear it? Where is it? Can you find it?"

A Third Toy

Give your baby a toy or object when she is holding something in each hand. See if she can figure out a way to take the third item and hold on to all three. If this is too difficult for your baby right now, try it again in a few weeks.

In and Out

Put a piece of cereal inside a clear plastic container or bottle without a lid. As your baby works to get the cereal out, he will learn more about inside and outside. Another way to show baby inside and outside is to get a big box that your baby can crawl into and out of.

Little Laughs (about 11 months)

Your baby is beginning to develop a sense of humor. Do something funny, such as trying to put baby's sock on your foot or putting a clean pair of pants on your head. She just might giggle or laugh out loud! Funny Mommy! Silly Daddy!

Lift the Cup

Place a cup and a small toy on a tray for baby. Hide the toy under the cup and ask, "Where is the toy?" If he doesn't find it, lift the cup and show your baby where it is. Say, "You found it!" Do this several times. Soon he will lift the cup and find the toy all by himself. Later, add another cup. See if baby can remember which cup hides the toy.

Notes:



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