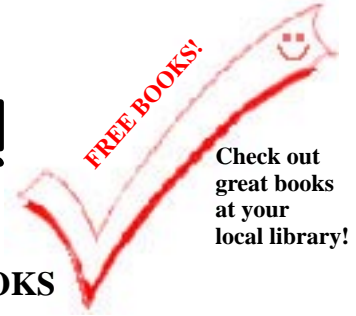




Start Early and Read Often to Young Children!



- **SET ASIDE READING TIME EVERY DAY**

Read aloud to your children **every** day, even when they are babies.

Set aside a special time **every** day for reading (before nap, bath, after lunch, or at bedtime). Try to keep the same time each day. Make reading a quiet time with no radio, t.v., or other distracting noises. Give your child your full attention.

- **ENJOY SNUGGLE AND LAP TIME**

Sit with your child close to you or snuggled on your lap. Small children enjoy special time alone with you. They love the sound of your voice. Help your child to know that reading is a pleasant fun time.

- **READ SHORT AND SIMPLE BOOKS**

Keep reading time short or as long as your child is interested.



Birth to 18 Months

Infants love books. Choose cloth, vinyl, or board books with brightly colored simple pictures. Allow your child to touch or hold the book.

18 Months to 36 Months

As toddlers grow older, hearing stories helps them to build their language skills. Begin choosing books with a hard cover and paper pages. Allow your child to hold the book.



Engage Infants and Toddlers with Books and Stories

Start early and read often to young children. Infants and toddlers who have many experiences with books and stories often find learning to read easier when they reach school age.

- **POINT TO PICTURES IN BOOKS**

Birth to 18 Months

Direct child's attention by pointing and naming pictures in the book. Point and say, "Tyler look, a ball."

18 to 36 Months

Direct child's attention by pointing and naming pictures in the book. Begin asking your child to point and name the pictures. "Tyler, look, a big ball." (Tyler should say, "ball" and soon, will begin saying "big ball.")

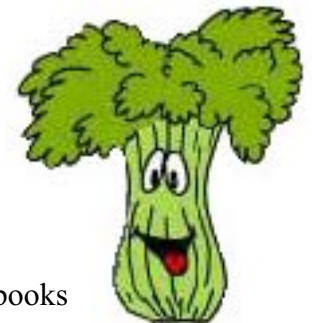
- **USE DRAMATICS**

Use a playful voice. Change the tone, volume, and pitch of your voice to keep your child's interest. Read slowly so your child begins to connect the words you read with the pictures in the book.



- **REPEAT BOOKS**

Children learn through reading the same books. They love to hear, see and feel familiar stories read over and over.



WIC

(Special Supplemental Nutrition Program for
Women, **I**nfants, and **C**hildren)

Building a Healthier Future for Iowa

The goal of the WIC program is to make sure all infants, toddlers and preschool-aged children from lower income families have enough healthy food to get a good start in life.

During a child's critical early years of growth and development, the WIC program works with parents to assure that their children get a nutritious diet and receive appropriate health care. A healthy diet helps a child grow and learn well.

Iowa WIC is sharing books with families to help children learn more about foods, books, and reading.

For information about the WIC program in your area, contact your regional WIC agency or call the state WIC office (toll free) at 800-532-1579. A physician's referral is not required.

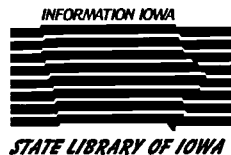
A Collaborative Effort!

Iowa Department
of Public Health



Iowa Department
of Education

State Library
of Iowa

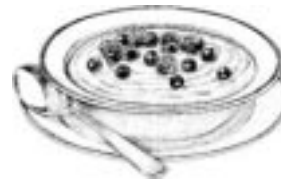


Developed by:

Nancy Schnurr — LauraBelle Sherman-Proehl — Juanita McBeth

Read with Me!

(Birth to 3 Years)



Good Food!



Good Books!



Good Learning!

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