

# WHAT BOOKS TO SHARE



## Babies

Babies enjoy board books with a few words, animal sounds and pictures with bright colors, people's faces, and familiar objects.

### Authors to explore :

- Sandra Boynton
- Lucy Cousins
- Karen Katz
- Brian Pinkney

## Toddlers/Preschoolers

Toddlers/Preschoolers enjoy books with short stories, rhyme, rhythm, and repetitive phrases, and concept books that introduce colors, numbers, and the alphabet. They also enjoy silly humor and real life experiences.

### Authors to explore :

- Alma Flor Ada
- Eric Carle
- Donald Crews
- Bill Martin
- Mo Willems



## School-Aged Children

School-aged children will enjoy longer picture books with more complex stories and chapter books that can be read over days or weeks.

Books that reflect their interests and concerns, as well as books that introduce new experiences are good ways to start conversations.

### Authors to explore :

- Christopher Paul Curtis
- Kate DiCamillo
- Jerry Pinkney
- Faith Ringgold
- Rick Riordan
- Louis Sachar
- Kelly Yang

Visit your public library to discover more authors and to learn more about free programs and resources for your family.



## More Information



### BOOKS

**HOW TO RAISE A READER**  
by Pamela Paul

**JIM TRELEASE'S READ ALOUD HANDBOOK (8TH edition)**  
by Jim Trelease

**READING FOR OUR LIVES: A LITERACY ACTION PLAN**  
by Maya Payne Smart



### WEBSITES

**PBS PARENTS: READ**

<https://www.pbs.org/parents/read>

**READING ROCKETS**

<https://readingrockets.org>

Share photos of you and the children in your life reading together with Shorewood Library! Email your photos to [shorewood@mcfls.org](mailto:shorewood@mcfls.org).

You can also tag us @ShorewoodLib and use the hashtag #BookSomeTimeWithYourKids on social media to help spread the word about the benefits of book time.



Research proves sharing books with children is one of the best things you can do for them. And it's free, easy, and fun.

So, no matter how full your schedule is, make sure to **BOOK SOME TIME WITH YOUR KIDS.**



# BENEFITS OF BOOK TIME

## PROVIDES A SPECIAL BONDING TIME BETWEEN ADULT AND CHILD.

It is a time of physical closeness and undivided attention.

## PROMOTES LANGUAGE DEVELOPMENT & BUILDS VOCABULARY

One book a day exposes a child to more than 218,000 words per year.

## ENHANCES EARLY LITERACY SKILLS

and builds the foundation for reading and success in school.

## NURTURES MENTAL AND EMOTIONAL HEALTH

Children who are read to regularly score higher in problem-solving, empathy, tolerance, resilience, and report feeling happier and more secure than children who aren't read to.

## HELPS IMPROVE BEHAVIOR

Studies show children who are read to have longer attention spans, better listening skills, less aggression and more self-control.

## EASES ADULT STRESS

After sharing books with children, adults report feeling more relaxed and happier than they were before book time.



## HOW TO SHARE BOOKS

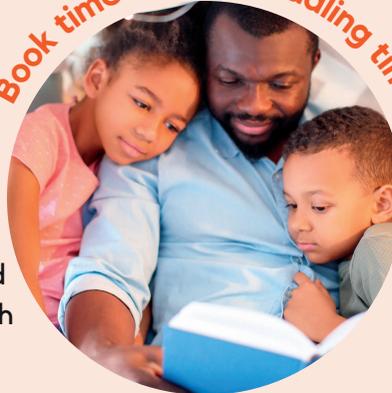
- Find a comfortable space where you and your child can sit close together.

- Limit distractions. Turn off the phone, computer, television.

- Hold the book so your children can see the words and pictures.

- Read with expression and enthusiasm. Have fun with words and sounds.

*Book time is ideal cuddling time.*



*Interact with your child while sharing books.*

- Have a few books available and let your child choose which book to read first.
- Encourage your child's attempts to read to you.
- Use books as discussion starters about difficult topics.

Point to objects in the pictures and words on the page. Ask questions. Guess what will happen next. Talk about the book while reading and after.

- Take cues from your child. If they are not interested in a book, choose a different book or a different time.
- Read favorite books again & again.



## WHEN TO SHARE BOOKS

### Start in infancy or even before.

Babies who are read to before birth are born recognizing the sounds and rhythms of familiar stories.

Share every day. Just 15 minutes a day has a major impact on your child's cognitive, social and emotional well-being.



### Have set book times...

Young children thrive on routines.

Reading before naps, bedtime or other transitions times are great times to share books.



*...but don't limit book time to those set times.*



Books are portable and easily fit into diaper bags and backpacks. Take a few favorites with you for car rides, waiting rooms, or to make new places seem more familiar.

Don't stop sharing books with your children when they start reading on their own.

Ask them to read to you. Take turns reading to each other. Read books to them that they enjoy but are above their reading level.

