

Reading is Doctor-Recommended!

Through Reach Out and Read, pediatricians give children free age-appropriate books at each checkup, and ask parents to read with their children every day. Reading aloud with your children is one of the best ways to prepare them for school.



Try these doctor-recommended reading tips!

- Read every day as a part of your daily routine. Read at bedtime, or create a special time just for reading together.
- Make the story come alive on the page. Create voices for the characters and silly sounds to help tell the story.
- Let your child turn the pages. Babies need board books and help to turn the pages, but a 3 year-old can do it alone.
- Ask questions about the story. What do think will happen next? What is this picture?
- Let your child tell the story. Children as young as 3 years-old can remember a story, and many children love a chance to express themselves.



To learn more about Reach Out and Read, visit us at
www.reachoutandreadnyc.org