



Why you need to read to your baby

You may wonder about the benefits of reading to your baby!

Reading aloud to your baby is a wonderful shared activity you can continue for years to come — and it's an important form of stimulation.

Reading aloud:

- Teaches a baby about communication.
- Introduces concepts such as numbers, letters, colours, and shapes in a fun way.
- Builds listening, memory, and vocabulary skills.
- Gives babies information about the world around them.
- Believe it or not, by the time babies reach their first birthday they will have learned all the sounds needed to speak their native language. The more stories you read aloud, the more words your child will be exposed to and the better he or she will be able to talk.



Reading Tips



- Cuddling while you read helps your baby feel safe, warm, and connected to you.

- Read with expression, pitching your voice higher or lower where it's appropriate or using different voices for different characters.

- Don't worry about following the text exactly. Stop once in a while and ask questions or make comments on the pictures or text. ("Where's the dog? There he is! What a cute black dog.") Your child might not be able to respond yet, but this lays the groundwork for doing so later on.



- Babies love and learn from repetition, so don't be afraid of reading the same books over and over. When you do so, repeat the same emphasis each time as you would with a familiar song.

- As your baby gets older, encourage him or her to touch the book or hold the book. You don't want to encourage chewing on books, but by putting them in his or her mouth, your baby is learning about them, finding out how books feel and taste — and discovering that they're not edible.



- Sing nursery rhymes, make funny animal sounds, or bounce your baby on your knee — anything that shows that reading is fun.

