

How to read books with your children

- choose a comfortable place to sit and hold your child on your lap
- recite or sing the rhymes from their favourite book
- eliminate as far as possible sources of distraction such as TV, radio, Hi-Fi
- hold the book in such a way that your child can see the pages clearly
- ask your child to show you the pictures
- talk about the pictures using everyday words and repeating them
- read in a lively way, creating voices for the characters and using mimicry to convey the story
- vary the rhythm of your storytelling - slow it down or speed it up
- ask questions: what do you think will happen now?
- let the child pose questions and take this opportunity to talk together
- ask your child to tell you the story
- let your child choose the books to read
- read their favourite books as often as they want

Which books to choose

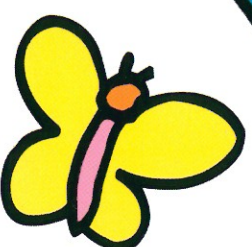
- ask your local library for a bibliography of the best and most "popular" books
- give children a dedicated shelf within their reach for their books, in their bedroom or on your bookshelf. In time, they will form their own personal library.
- try to go together to the library or to a bookshop every now and then, if possible once a month; you will be surprised by the choices your child will make!

... and remember

- if you love reading the child will sense it and will feel the same
- make as many books as possible available to your child
- Make a habit of going to the library and to a bookshop with your child
- reading with your children will help them grow as persons

© TUTTI I DIRITTI RISERVATI

Born to Read



Nati per Leggere

Versione in inglese

Con il patrocinio del

Ministero per i Beni e le Attività Culturali

Associazione Italiana Biblioteche
Associazione Culturale Pediatri
Centro per la Salute del Bambino

npl@alb.it

www.natiperleggere.it

Sostieni il progetto con il 5 per mille
Codice fiscale 00965900327

A project to promote reading to children from their first year



The child - its development and books

Is it possible to engage with books before knowing how to read? Most adults think not. However, although the personality and the development of each child differs greatly, books and reading, suitably administered, can soon become faithful and inseparable friends as a child grows. The following indications may help to identify the stages that mark your child's acquaintance with books and reading. You may wish to speak to the child's doctor for further information and to clarify any doubts in the course of normal health visits during the early years of life. Your local library will assist you in the choice of books and make the best titles available for borrowing free of charge.

At 1 month old, and even earlier, children love lullabies and are soon able to recognise them; they can also be exposed to ditties in the family language.

At 6 months of age, children are attracted by photos and pictures in the book, which they try to grab and to "eat". Books must be robust, non-toxic, have thick pages, bright colours and simple and clear pictures of familiar objects or children.

At 12 months of age, children can, if helped, hold the book and turn several pages at a time. They pass the book to the adult. Board books that are easy to handle are the best choice. Favourite pictures involve every day actions such as eating sleeping, playing, etc.

At 15 months of age, children turn thick pages using two fingers. If the book contains the picture of a face, they can tell if it is upside down. They enjoy books containing short and easy sentences which they can learn to say in advance.

At 18 months of age, children know by heart and complete in advance the sentences in the book. They enjoy books that talk about animals, children, every day things using short and simple sentences.

At 24 months of age, children turn the pages properly, drag books around the house and "read" them to dolls or to pets making up stories as they go along. They enjoy identifying with the characters.

At 30 months of age, children enjoy stories about children of their own age that describe events pertaining to every day life, friendship, brothers and sisters, but also start to appreciate fantasy and adventure books as well as traditional fairy tales. The texts must be simple. Children of this age like to choose the story and to listen to it over and over again. As children grow they become increasingly independent in choosing books and acquire greater reading skills. However, they still enjoy being read to by parents even when, having started primary school, they are able to read by themselves.

Information and suggestions for parents regarding reading aloud

Reading aloud

- establishes the habit of listening
- increases the attention span
- increases the desire to learn to read
- is a very pleasant experience for both the adult and the child
- calms, reassures and comforts
- strengthens the affective bond between the reader and the listener

When to read with your child

- you can dedicate a particular time of the day to reading - before the afternoon nap or before bedtime, after meals - choosing a moment in which you are both more relaxed
- if the child is fidgety or restless don't insist
- take advantage of spare moments, such as during a journey or when you are at the doctor's surgery
- reading will be comforting for your children when they are ill