

## How to Share Books with Your 18 to 23 Month Old

Even toddlers children can enjoy books and learn from sharing books with you. Sharing books with your young children can help teach them to talk and get them ready to listen and learn in school.



### Making Books A Part of Your Child's Bedtime Routine:

Set aside 10 to 15 minutes with the TV off for sharing books as part of your regular bedtime routine. Regular bedtime routines started when your child is young help prevent bedtime struggles. Teaching your children how to fall asleep alone by putting them in bed awake helps prevent future night wakings.

### 18-23 Month Olds Can:

- Choose a book to share and tell you they want "more book" or "'nother book."
- Point to a favorite picture and say a word or two about it.
- Look at familiar animals and make their sounds.
- Finish some sentences from books they know very well, such as: "*Happy faces. Sad.....*"(faces) or "*Big cat, little hat. Big hat, little.....*" (cat).
- Enjoy a trip to your local public library for *Story Time* or to borrow some books.

### What Parents Can Do:

- Find a quiet, comfortable place for book sharing.
- Help your child pronounce words better by imitating their word, then pronouncing it correctly and using it in a short phrase.
- Help your child understand by speaking in slow, short sentences, and waiting for your child to take a turn talking.
- Use book sharing as a way to calm and comfort your child.

**Last Updated** 3/27/2013

**Source** Committee on Early Childhood (Copyright © 1994 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.