



Anytime is a good time for a story, a song or a rhyme

- walking
- on the bus
- at the store
- in the park
- at the table
- at bedtime

Book time is warm and *cuddly*.

Babies learn about books by touching, turning the pages and chewing on the book.

Sharing a book can calm your baby. Before sleep, read or tell a story, sing a song, tell a rhyme.

Sharing a special book is a good way for a day to start and a day to end.

Your child likes to hear their favourite stories over and over again.

This is how reading starts.



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Healthy Child Manitoba -
Putting children and families first.

Books for Babies

A Parent's
Guide to
Helping
Children
Learn



Reading aloud and talking to your children from the time they are babies is one of the most important things you can do for your children.



Hearing words, seeing pictures, listening to songs, are all important to early brain development. These activities set the stage for children to learn to talk, read and write. Reading aloud every day gives you a chance to spend some special time together. It also helps children learn that books are interesting and fun.

You can introduce your baby to reading and books *right away*.

Your baby loves the sound of your voice, so...

- Talk about the pictures in the book.
- Make up your own story.
- Talk about what you do during the day.
- Tell stories or legends that are important to you.



For *more* information

on books for babies contact:

- parent and child programs in your community
- your public health nurse
- the library
- Healthy Child Manitoba Parent Child Coalitions

