

## Tips for Families:

# How To Connect with Your Child Through Sharing Books

It's great to read and share books with your little ones! This builds their brains and develops early literacy skills.

### How does this help?

Building literacy skills in children is a great way to help them reach their full potential in school and life. Exposing kids to books and sharing stories together in the early years helps them get ready to learn once they

start school.

Literacy is more than reading and writing. Literacy helps with understanding, empathy, critical thinking, and the capacity for lifelong learning. It develops positive self-esteem in children and builds communications skills. It helps them recognize others' moods and feelings. It also supports attachment and builds early relational health between them and their caregivers.

## Question

## Answer

What do you mean by “attachment”?

Attachment is the connection between a caregiver and a baby. Attachment helps the baby feel loved and secure.



What is “early relational health”?

Early relational health describes the positive, nurturing relationship between you and your child. It's the bond that builds the little one's social and emotional security and well-being.



How does reading and sharing books together promote early relational health?

Sharing books and stories encourages physical closeness, eye contact, mutual engagement, and responsiveness.



For more information on early literacy and language development, please visit the Canadian Children's Literacy Foundation at [www.childrensliteracy.ca](http://www.childrensliteracy.ca)



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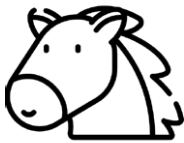
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## Tips for reading together

### Talk and ask questions

Connect the story to things in your child's life. For example, "Who's the tallest in your family?" Or ask about what is happening in the book. For example, "That child is petting a horse. Would you like to pet a horse someday?"



### Cuddle up for story time

Snuggle, hold or sit beside your baby to make sure they can feel your touch and see the pages.

### Interact with baby

As you read, respond to your child's facial expressions, interests, and noises.

### Make eye contact

Look at each other and smile. Let your little one see your happy face. This helps them feel safe and secure in your relationship.



### Choose a book you both like

Make reading time fun! Use silly voices or make the sounds of the animals in the pictures.



### Share your own stories

Make it personal! Tell your baby your own stories, such as the story of their birth, how you chose their name, or what is going on around them.



### Read in any language

A child's brain is ready to learn languages at birth. The more a child hears a language, the more it helps them learn!

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