

## Reach Out and Read's Focus on Early Relational Health

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At the heart of [Reach Out and Read](#) (ROR) lies the understanding that [reading aloud, storytelling, and sharing books are pivotal in establishing a lasting and meaningful connection](#) between caregivers and children. [Early Relational Health](#) (ERH) is characterized by the connection that develops between children and their

parents through regular, positive, reciprocal interactions such as talking, reading, and singing together right from birth. [Research increasingly demonstrates that cultivating a strong, affectionate bond with an adult can help mitigate some of the negative impacts of adverse childhood experiences \(ACEs\)](#). These bonds act as a buffer, fostering more resilient families and enhancing the health outcomes and overall well-being of children facing systemic barriers that hinder their ability to thrive. Notably, the [American Academy of Pediatrics issued a policy statement in 2021](#) and [a recent implementation guide](#), endorsing the promotion of early relational health during well-child visits as a form of preventive care against the detrimental effects of toxic stress on a child's health.

While the ROR core model traditionally commenced at the six-month well-child checkup, [research indicates that our efforts yield even greater impact when initiated at birth](#). We consistently align our work with evidence-based research by not only disseminating [new ROR resources for families](#) but also by encouraging site staff to participate in the [Building Connections Begins at Birth training](#). This training equips clinicians with practical, proven strategies and [tools to discuss the significance of ERH at sites](#)- creating [Moments that Matter](#) between parents and infants. [RORIE](#) remains committed to supporting over a hundred pediatric sites, seeking new opportunities for policy change, and [establishing a network of like-minded organizations](#) to advocate for healthy childhood development within our region. Until next time, be well and continue to

**Reach Out & Read- Inland Empire.**

