



### Read Together and Create a Lifetime of Memories

Sharing a book together should be the most magical, memorable, and enjoyable part of a child's and their caregiver's day starting from the earliest days. It is time spent connected both physically and emotionally; a time to be silly, curious, engaged and focused. A time to learn new words and discover new worlds. A time in which a child will remember the love and connection he/she felt while reading with a special someone.

The foundation for reading ability is based primarily on language exposure, resulting from parents and other adults talking to young children. Reading together exposes children to words that are not commonly used during conversations and gives an opportunity to have a conversation about the story or pictures they are seeing in a book (dialogic reading). These connections help build the architecture of the brain and are imperative to cognitive development. Shared reading is widely recognized as the single most important activity for building the knowledge required for eventual success in reading.

For more than 30 years, [Reach Out and Read](#) has been giving young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together. During well child visits, the doctor gives a new book, models reading and coaches the parent with tips on how to be more successful, if necessary. This Model-Observe-Coach interaction gives the pediatrician a unique opportunity to relate to the child and family, to observe developmental skills and look for any potential concerns or delays, including vision problems. [Watch](#) as the mom of a two-month-old learns about the importance of eye to eye contact and early literacy and language skills from their trusted pediatrician. By starting so early, the pediatrician can provide advice and interventions if there are any concerns about development.

November is Family Literacy Month and the perfect time to start (or hopefully continue) a daily reading routine with your child. Snuggle close and look at the book together; act out the voices and the noises in the stories and ask older children to answer questions or retell the story. Laugh, make rhymes, retell memories of being read to by a caregiver in your life. Reading together will create memories—and impart benefits—that last a lifetime and it is never too soon to start.

**Reach Out and Read** is a national nonprofit that champions the positive effects of reading daily and engaging in other language-rich activities with young children. Reading together promotes healthy brain development, furthers language acquisition, and helps families build meaningful bonds.

If you would like more information about any of the topics above, please call Meg Blomberg at 203-04-2449 or email [Meghan.blomberg@reachoutandread.org](mailto:Meghan.blomberg@reachoutandread.org). You can also subscribe to the [Reach Out and Read podcast](#), hosted by Dr. Dipesh Navsaria, a pediatrician with a children's librarianship degree. This podcast is centered on the belief that children's books build better brains, better family relationships, and happier, healthier children and societies.