



Reading to Babies Upon Birth

There are so many organizations to thank, so many Researchers and so many Physicians to thank for asking parents to read to the babies upon birth everyday - one piece of advice the American Academy of Pediatrics wants to make sure you follow: Reading to your baby from the time they're born.

Reading aloud to kids has been proven to help build vocabulary and language skills; give them background information to make sense of what they see, hear and read; and lets them use their imaginations to explore people, places, times and events beyond their own experiences.

According to Reach Out and Read, an organization that partners with doctors to prescribe books and encourage families to read together, 66% of children in the U.S. are not proficient in reading by the end of third grade.

So the nation's pediatricians are upping the ante, asking parents to start reading to their children when they're babies.

Infant Book List

Good Night Moon, by Margaret Wise Brown

Chicka Chicka Boom Boom, by Bill Martin Jr. and John Archambault

Where is Baby's Bellybutton, by Karen Katz

Guess How Much I Love You, by Sam McBratney

On the Night You Were Born, by Nancy Tillman

Goodnight Gorilla, by Peggy Rathman

The Very Hungry Caterpillar, by Eric Carle

Corduroy, by Dan Freeman

Owl Babies, by Martin Waddle

Global Babies Bedtimes, by Maya Ajmera

Head, Shoulders, Knees and Toes, by www.childs-play.com

Usborne Very First Nursery Rhymes, by www.usborne.com

Deepest thanks to the following organizations and many other physicians and researchers:

www.aap.org

www.brighthorizons.com

www.naeyc.org/tyc/article/the-word-gap

www.raisingreaders.org

www.reachoutandread.org

www.readaloud.org

www.sesamestreet.org

www.talkingisteaching.org

www.thirtymillionwords.org

www.toosmall.org

www.zerotothree.org



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“Reading to your baby creates love and connections”

*By Patty Weiner, Child Life, Education and
Healthcare Specialist*

**Benefits of parents reading to their babies
upon birth, in the hospital and at home**

- Babies recognize their mother's voice in utero.
- A mother's voice is comforting, soothing and calming to their baby.
- Reading to babies at birth will improve brain development at an important time.
- Parents can protect their infant's brain from stress.
- Positive parenting helps you and your baby get to know each other.
- Parents are their baby's first teachers.
- The American Academy of Pediatrics (AAP) has changed its' policy statement to say '**Read To Your Babies Starting At Birth.**'
- The well-known pediatrician, T.B. Brazelton and other pediatricians believe parents should be their baby's first teacher.
- Even though newborns don't talk, they can file words/language away in their brain to use later. Their brain is like a filing cabinet.

Singing softly

**Imitating baby's
sounds and
expressions**

Reading books

THE "READING EXPERIENCE"

Talking

Rhyming

**Swaying with
your baby**

Cuddling

Reading aloud

These experiences will help foster closeness and bonding and help your baby's brain develop at a critical time. Look at your baby, gently touch your baby, hold your baby, respond to your baby, and hum to your baby. Encourage older siblings to read or sing to their new baby sibling.

Why Reading to your baby every day for 15 minutes is so important:

1. During the first three years of life, your baby's brain grows faster than at any other time.
2. You and your baby can become closer. Your baby knows your voice.
3. The cells in your baby's brain (called neurons) and the connections between the cells (synapses) are forming very rapidly.
4. Hearing lots of words helps your baby. The more words your baby and toddler hear will help him/her do better in school.

Some Rhyming/Singing Ideas:

My Baby! (Make up rhymes)

"My baby is so sweet... I love to kiss his/her tiny feet."

"I love your toes and your tiny nose."

Twinkle, twinkle little star
How I wonder where you are
Up above the sky so bright
Like a diamond in the night

The importance of mom's reading to babies upon birth through three years old is:

1. DURING THE FIRST THREE YEARS OF LIFE YOUR BABY'S BRAIN GROWS FASTER THAN AT ANY OTHER TIME.

2. AS SOON AS YOUR BABY IS BORN, READ TO YOUR NEWBORN BABY EVERYDAY FOR 15 MINUTES.

3. YOU AND YOUR BABY WILL BECOME MORE CONNECTED AND FALL DEEPER IN LOVE.

4. YOUR BABY KNOWS YOUR VOICE AND YOUR VOICE CALMS AND SOOTHES YOUR BABY.

5. THE MOST IMPORTANT REASON TO READ ALOUD IS THAT IT MAKES A CONNECTION BETWEEN THE THINGS YOUR BABY LOVES THE MOST — YOUR VOICE AND CLOSNESS TO YOU — AND BOOKS.

- Babies are happiest when they are responded to with warmth and sensitivity. There are long-range benefits to attachment parenting. As a baby who receives warm and sensitive responses, turns into a toddler, he is easy to manage. He feels safe and secure with his mother and his mother has a good idea of what he is trying to do or say, so the young explorer is less likely to get terribly frustrated. Since he trusts his mother and wants very much to stay in her good graces, a word of warning or some creative redirection from her is often all that's needed to head off problem behaviors.

- A mother's voice will preferentially activate the parts of the brain responsible for language learning, say researchers from the University of Montreal and the Sainte-Justine University Hospital Research Centre. The research team made the discovery after performing electrical recordings on the infants within the 24 hours following their birth. The brain signals also revealed that while the infants did react to other women's voices, these sounds only activated the voice recognition

** This is exciting research that proves for the first time that the newborn's brain responds strongly to the mother's voice and shows, scientifically speaking, that the mother's voice is special to babies," said lead researcher Dr. Maryse Lassonde of the University of Montreal's Department of Psychology and the Sainte-Justine University Hospital Research Centre.