



READING

with Your 18 Month Old Baby

At Kids First our mission is to provide children with the best medical care in a family-centered environment and to partner with parents to raise healthy children both physically and emotionally. We strive to continually improve our practice through new programs and initiatives that will benefit children and families long after their visit to our office is complete. That's why we are proud to present One Book at a Time, providing young children with an age-appropriate book at each well visit. Our initiative partners with the national Reach Out and Read program, an evidence-based nonprofit organization that promotes early literacy and school readiness in pediatric exam rooms nationwide.

In addition to providing books to patients, ages 6 months to 5 years, we address age appropriate milestones related to reading and literacy and suggest highly recommended books at each stage of development. Our goal is to enhance our relationship with your child and to promote literacy skills at home.

At Kids First we value our role as your partner and resource for raising healthy children. It is our hope that as positive role models to your children, we will be able to reinforce the importance of books and reading in their everyday lives. We hope that our excitement over books is contagious and spills into your conversations and interactions with your children. Through this program, we have made it our mission to foster relationships, encourage development and create smiles One Book at a Time.

HOW TO IMPACT LITERACY AT THIS AGE:

- Relate books to your child's experiences
- Use books in routines, bedtimes
- Ask "whats that?" and give child time to answer
- Pause and let your child complete the sentence

MOTOR SKILLS TO EXPECT AT 18 MONTHS:

- Turns board book pages, one at a time
- Carries book around the house
- May use book as transitional object (e.g. at bedtime)

COGNITIVE SKILLS TO EXPECT AT THIS AGE:

- Names familiar pictures
- Fills in words in familiar stories
- "Reads" to stuffed animals or dolls
- Recites parts of familiar stories
- Child's attention span is highly variable

Suggested books for further reading:

Does A Cow Say Boo? by Judy Hindley
Good Night, Gorilla by Peggy Rathmann
Guess How Much I Love You All Year Long by Sam McBratney
Flip, Flap, Fly! by Phyllis Root
Big Red Barn by Margaret Wise Brown
More, More, More Said the Baby by Vera B. Williams
Who Ate All The Cookie Dough? by Karen Beaumont
It Looked Like Split Milk by Charles G. Shaw



The American Academy of Pediatrics (AAP) and the National Association of Pediatric Nurse Practitioners (NAPNAP) have officially endorsed the Reach Out and Read model of early literacy promotion. For more information, go to www.reachoutandread.org

