



# READING

## with Your 2.5 Year Old

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:

- Keep using books in routines
- Read at bedtime
- Be willing to read the same story over and over
- Ask "what is that?"
- Relate books to child's experiences
- Provide crayons and paper

### MOTOR SKILLS TO EXPECT AT 2.5 YEARS:

- Learns to handle paper pages
- Goes back and forth in books to find favorite pictures

### COGNITIVE SKILLS TO EXPECT AT THIS AGE:

- Recite whole phrases, sometimes whole stories
- Coordinates text with picture
- Protests when adult gets a word wrong in a familiar story
- Reads familiar books to self

### Suggested books for further reading:

- Chugga Chugga Choo Choo* by Kevin Lewis
- Push Buttons* by Alikei
- If You Give A Moose A Muffin* by Laura Joffe Numeroff
- Mrs. Wishy-Washy's Farm* by Joy Cowley
- Chicken Little* by Rebecca & Ed Emberley
- Because A Little Bug Went Ka-Choo* by Rosetta Stone
- The Mitten* by Jan Brett
- I Love You All Day Long* by Francesca Rusackas
- The Little Mouse, The Red Ripe Strawberry And The Big Hungry Bear* by Don & Audrey Wood
- Everyone Poops* by Taro Gomi
- On Mother's Lap* by Ann Herbert Scott
- One Duck Stuck* by Phyllis Root



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](http://www.reachoutandread.org)

