

Every day, Every way!

Love, talk, rhyme, read and don't forget to play!



This book was produced by the West Virginia KIDS COUNT Fund. KIDS COUNT is dedicated to improving the lives of West Virginia's at-risk children by:

- Collecting information about their status;
- Identifying and supporting programs that work; and
- Advocating for public policies that promote early education.

For more information about KIDS COUNT, visit our website at www.wkidscountfund.org.

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THE BUILDING BLOCKS OF LEARNING



Every day, Every way!



Love me!

When I fall and bump my knee,
the tears begin to flow.
Just hug me tight and kiss me sweet,
don't ever let me go.



Every day, every way,
love, talk, rhyme, read and
don't forget to play!

LOVE

- Hold babies, touch them in a loving way, and make eye contact with them.
- Tell babies how much you love them.
- Comfort, nurture and provide a safe place for babies and young children.
- Respond to babies' coos, babbles and cries with love and warmth.



TALK

- Talk and sing to children from the time they are born.
- Describe to a baby what she is seeing and doing, and what you are seeing and doing.
- Talk and smile back to babies when they coo and babble.
- Add new words when you talk to children to expand their vocabularies.
- Encourage children to tell you stories and talk to you.
- Comment on what they say and talk to them in full sentences.
- Point out words in everyday situations — at the park, on t-shirts, or when walking or driving. Explain what the words mean.
- Talk during routine activities, such as eating, dressing and bathing.



Talk to me!

When you're cooking eggs and ham
and cleaning up the dishes,
talk to me and tell me why,
I'll give you hugs and kisses.

Every day, every way,
love, talk, rhyme read and
don't forget to play.





Rhyme with me!



When I'm buckled up for a ride,
sing me a little song.
"Mary Had a Little Lamb,"
I love to sing along.

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don't forget to play.

RHYME

- Play rhyming games and sing rhyming songs from birth.
- Play clapping games to sound out syllables in names or phrases.
- Have children find objects that begin with the same sound — bat/ball, dog/door, milk/Mom, and so on.
- Make up words that rhyme — apple, tapple, papple, and so on.
- Read poems and storybooks with rhyming words.





READ

- Read out loud to children every day, as soon as they are born.
- Make reading fun. Have children sit on your lap or next to you so they can see and point to the pictures.
- Talk with children while you read and have them tell you about the pictures. Ask and answer questions.
- Read favorite books again and again.
- Select books for their appeal to babies and toddlers — bright colors, sharp contrasts, easy-to-follow writing, and simple but charming content children can relate to.
- Help children explore books — hold the books, turn them over, turn pages and lift flaps.
- Take children to the library.
- Have lots of books for children to read — picture books, story books, nursery rhymes, poetry, and books about colors, numbers and ABCs.
- Let children see you reading for pleasure and for useful purposes, such as reading a recipe or the newspaper

Read to me!

When you check the daily news
and cheer for last night's score,
give me all the play-by-play...
I like to know much more.

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don't forget to play.





Play with me!

When it's time take my bath
and bubbles are everywhere,
let me play, show me the way,
to have fun anywhere.

Every day, every way,
love, talk, rhyme, read and
don't forget to play.

PLAY

- Have lots of writing materials for children, such as paper, crayons and markers.
- Allow children to play and join in their play, following where they lead.
- Let children use their imaginations to build things. Ask them to make forts and houses out of cardboard boxes or blankets and chairs.
- Have materials for arts and crafts.
- Let children play dress-up and encourage them to pretend.
- Give children lots of time to explore and to play outside.
- Simple items like pots and pans can make wonderful toys. You don't need to spend lots of money on expensive toys.





P.S.

Remember to take care of yourself!

Mom and Dad, when you are tired
and need a little rest,
take a break and ask for help,
I need you at your best!

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How to Select the Right Books for Your Child

Birth to Two Years Old

You can start sharing books with babies as young as six weeks old. Don't expect babies at that age to pay attention to the book itself (unless they try to grab the book, which is good to promote movement and learning.)

Hearing your voice and feeling the closeness of being held are all warm and enjoyable experiences for infants, and they can begin to build a lifelong love of reading and learning.

The types of books that are good to use with infants and toddlers are:

- Cloth books, which are soft, washable and strong.
- Vinyl books, which are hard to tear up and easy to wash.
- Books made from heavy cardboard with plastic coating. They can be wiped clean and are very sturdy. These books are great at the stage when children chew books, throw them and crawl over them. The pages are also easy for very young children to turn.
- Touch-and-feel books invite children to feel and explore with their fingers. They have objects with different textures and shapes.
- Interactive books have flaps that lift with things under them and other parts that move. Young children love them, but they don't tend to hold up well under rough treatment.

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Other features of books to keep in mind for infants and toddlers:

- They like bright colors and contrasting patterns, so have cloth, vinyl or board books with interesting pictures and bright colors. For babies, you can start with books that have very few words and talk to babies about the story the pictures make.
- Read books with interesting language, rhythm and sounds: nursery rhymes, books with rhymes, such as Dr. Seuss books, and poetry.
- Encourage children to recite some of the rhymes with you or fill in the last word.

Two to 5 Years Old

- Preschoolers are ready for longer stories. Find books with the amount of text that fits your child's attention span.
- Preschoolers are interested in their relationships with others and like stories about families and friends.
- Preschoolers are learning new words all the time and enjoy books that let them play with words and rhymes.
- Preschoolers are curious about the world around them. Choose simple information books.
- Preschool age is a great time to introduce art through picture books. Choose books that show a variety of art styles.
- Let your child choose books that interest him.

For lists of recommended children's books, go to:

American Library Association

www.ala.org

Head Start Information and Publication Center

www.headstartinfo.org

New York Public Library

www.nypl.org

Reading Is Fundamental

www.rif.org

International Reading Association

www.reading.org

Zero to Three

www.zerotothree.org





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