

Comfort

Play

Comfort, Play & Teach: A Positive Approach to Parenting™

Tip Sheet

Make the Most of Bedtime or Anytime by Reading to your Child

One of childhood's most richest experiences is being read to, as it encourages healthy development in a number of ways. The following Comfort, Play & Teach tips can help you make the most of story time with your child.

Comfort

- ▶ Spend some special one-on-one time with your child over a book. Story time encourages snuggling and allows babies and young children to bond with you by feeling your warmth and listening to the comforting sound of your voice.
- ▶ Help your child deal with real life issues through books. For example, reading and discussing a story about a child who is going to a new child care centre, has lost a pet or had a fight with a friend, can comfort your child with the knowledge that others have gone through the same situation and help him learn new ways to cope.



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- ▶ Read books that are hands-on. Let your baby explore cloth books with their fingers and mouths while offering your toddler or preschooler interactive books. Your child will enjoy books that invite them to pull tabs, touch and feel textures, hear sound effects, lift peek-a-boo flaps and more.
- ▶ Escape into an imaginary world. As you read, allow your child to explore her imagination and delight in fantastical and whimsical illustrations that turn storytime into playtime.



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- ▶ Enhance your child's pre-literacy skills. Teach your preschooler to recognize letters and the corresponding sounds. Seek out these letters in books. Soon, he'll seek out these letters on his own every chance he gets.
- ▶ Learn about new places without leaving home. Reading books is a good way to teach your child about places and experiences that may otherwise be inaccessible. Books can introduce children to the ocean, outer space, faraway countries and cultures, and open their minds to new ideas.



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