

Speech and Language Therapy

Top Tips for Sharing Books

Parents are their children's best teachers! Reading to your child exposes them to lots of language from a young age. It will help to develop understanding of language and increase their vocabulary too.

It's never too early to start! Children don't have to be ready to learn to read to benefit from sharing books.

With really little ones it's all about them exploring the book – this might be by turning the pages or even throwing it on the floor repeatedly! You could even use the book to play peek-a-boo with. Slightly older children will benefit from looking at pictures and hearing their grown-ups using lots of words to describe them. It's not just about reading!

Children seeing adults taking an interest in books will help them to go on to enjoy them themselves. Sharing books is a great way to bond with your child and to share adventures!

Top Tips

- ✓ Choose books that your child is interested in. Match them to their level of development.
- ✓ Sit at the same level as your child when you are reading so that they can see you.
- ✓ Use all forms of communication, not just speech. Lots of facial expressions, gestures and actions support a child's understanding of language.

- ✓ Keep it interesting - bring the characters to life by using different voices. Use lots of noises too – animal noises are always fun as well as 'wheee' and 'uh-oh'.
- ✓ Turn off the TV while you're reading so they're not distracted.
- ✓ Don't worry about reading the same book over and over. Children learn by hearing things repeatedly. Try to leave out a word and see if your child can attempt it!

Which books to choose?

0-3 years

- Simple board books. Books that are brightly coloured are always good!
- Books containing mirrors and touchy-feely pages.
- Nursery rhymes.
- Puppet books.
- Pop-up books.
- First word books.

3-5 years

- Nursery rhymes
- Rhyming stories such as The Gruffalo, Aliens Love Underpants and Elephant and the Bad Baby.
- Lift-the-flap books.
- Stories that encourage actions and acting like We're Going on a Bear Hunt.

5-7 years


- Books with more words and storylines.
- Funny books!
- Repetitive and rhyming books

Go to a library!

It's free to join the library either online (google 'Norfolk library') or by visiting your local library. Books are split into ages to make it easy for you to find the most appropriate ones. As well as borrowing books you can access a range of activities such as 'bounce and rhyme' sessions.

Useful Websites

These websites have lots of resources and information about books suitable for different ages.

 Puffin Books - www.puffin.co.uk

 Literacy Trust - www.wordsforlife.org.uk

 BookTrust – www.booktrust.org.uk