



YOUR READING CHECK UP PRESCRIPTION

Name: _____

Date: _____

• **Directions:**

Read one-on-one with your child for at least 20 minutes every day. If you don't have a 20 minute time block, divide it into two 10 minute segments. Read together before nap time and again at bed time, or whenever its best for you and your child.

• **Reading with your infant and toddler:**

- Sit in a comfortable place and hold the book so your child can see each page
- Page through the picture books and point out different objects and name them
- Talk about the pictures and repeat common words found in the books
- Make the words come alive with expression in your voice
- Recite or sing rhymes together from favorite books

Reading one-on-one with your child each day provides a special bond that only the two of you will share.

_____ **Physician Signature**

Your local library is: