

# 5R's to RAISE a READER

## 1. **READ** together every day

- It's never too early to start reading with your baby. Reading to your child boosts activity in parts of the brain that build language.
- The more words your baby hears, the more words your baby will understand.
- Read board books, vinyl bath books, fabric books. Let your baby play with the book.

## 2. **RHYME**, play, talk, sing, and cuddle together often throughout the day

- Play, talk, and sing together throughout the day to help meet your child's health and development milestones.
- Talk with your baby about things you see at home, the store, or while traveling.
- Join groups such as 5toOne playgroups, attend story time at local libraries, meet up with friends at the park, visit a museum, nature center, or farm.
- Telling a story can happen at any time!

## 3. Build **ROUTINES** for meals, play, and sleep

- Routines help your baby know what to expect, and what is expected from them.
- Brush - Book - Bed with baby is a great way to set a routine for nap and bedtime.
- Enjoy family meals together at least three times a week to nurture healthy relationships.

## 4. **REWARD** everyday successes

- Catch your child doing something good and praise them for it! Especially when there's an effort to help others.
- Model good behavior and reinforce it. Use positive discipline to build your child's ability to manage good behavior...to help others and self.
- Your child's social, emotional, and behavior skills are equally critical to school success.

## 5. Develop **RELATIONSHIPS** that are nurturing, respectful, and consistent



- A strong parent-child relationship helps build your child's chance of doing well in school.
- Strive to teach your child about healthy relationships and model them.
- Take time to nurture close friendships.

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