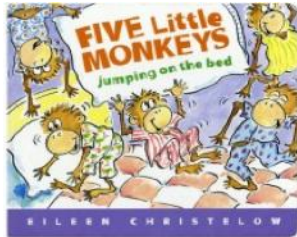




Falling in Love with Children's Books

Book of the Season



"One fell off and bumped his head. The Mama called the doctor. The doctor said, No more monkeys jumping on the bed," children of all ages chant gleefully in the waiting room. Five Little Monkeys Jumping on the Bed by Eileen Christelow has all the right ingredients to make children fall in love with reading. It tells the story of five mischievous monkeys who defy their mother when it is time to go to bed—an experience to which many children can happily relate. The colorful illustrations, funny storyline, and ability to count the monkeys keep children laughing and engaged. Moreover, the repetition of the simple, playful rhyme allows children to actively participate and read along with you. "I love the part when the doctor keeps saying, 'No more monkeys jumping on the bed.' I like when we say that all together and shake our fingers," said Emma, 4. "I like when the Mommy jumps on the bed at the end. It's really funny," exclaimed Adam, 4. "Read it again," the volunteers hear over and over in the waiting room—and they do, with a big smile.

What can we learn from those naughty monkeys?

Besides teaching us that we should not jump on the bed, our experience with the *Five Little Monkeys* shows that kids truly can have fun reading and learn to enjoy books from a very young age. Five Little Monkeys Jumping on the Bed is just one of the countless books available that can help your child cultivate a love of reading. Children love books with rhyming patterns and repeating refrains because these elements entice them to join in and become active members of the reading experience. Reading rhyming books also helps to develop a child's awareness of the sounds in our language, an ability that is often associated with early reading success in school. Books with repetitive elements, like our book of the season, provide the opportunity for you to make the story interactive and pause to have your child guess what will happen next. Children also delight in books with vibrant illustrations and fantastic characters, such as talking animals, which stimulate their imagination and make reading fun for both you and your child.

Quotable Quotes

"I like that Mommy and I read together every night before I go to sleep. And I get to pick the book!" – Jacqueline, 5

"I like when Daddy and the people at the doctor's office do funny voices when we read. It's so funny." – Brandon, 4

"Reading is fun!" – Daniel, 3

"I like to read with Mommy and my baby sister because it makes me feel like a grownup." – Hailey, 5

ROR Volunteer: "Your daughter reads so well and seems to have a real love of reading."

Mother: "She better love reading."

What is Reach Out and Read?

Reach Out and Read (ROR) is an evidenced-based national program that promotes early childhood literacy. The ROR model consists of three parts: 1) Doctors give new, age-appropriate books to children, ages 6 months to 5 years, during their routine visits. 2) Doctors share advice with parents about the importance of reading aloud to their children. 3) Volunteers in clinic waiting rooms read aloud to children and model effective reading techniques. What can you do to help prepare your child to succeed in school? The answer is simple: reach out and read aloud as often as you can!

Doctor's Prescription: Read!

Goodnight Moon

by Margar

Many of our pediatric providers believe that the Reach Out and Read program is one of the most important ways through which they can make a positive impact on the lives of their patients. Giving out books can also be a lot more fun than giving immunizations or prescriptions for antibiotics. Dr. Valerie Niketakis chooses warm, fun books that she reads to her own children to give to her patients. *Goodnight Moon* by Margaret Wise Brown and *Chika Chicka Boom Boom* by Bill Martin Jr. are two of her favorite titles. The pleasure that doctors take in presenting books to their patients is a testament both to their passion for promoting literacy and compassion for the families with whom they work.

Handa's Surprise
by Eileen Browne

What I Like About Me, by Allia Zobel Nolan



Volunteer Amanda Marinoff reads to a group of children at the Washington Heights Family Health Center. Although they are school-aged children, they are still captivated by stories read aloud to them.

Corduroy by Don Freeman

Amazing Grace
by Mary Hoffman

Volunteer Voices

The success of Reach Out and Read is largely built upon the commitment, passion, and enthusiasm of the program's dedicated volunteers, who devote their time to reading to children in the clinic waiting rooms. Several college student- volunteers expressed that they take great pleasure in the opportunity to share their own love of reading with children in the community. Gabriela Bisono especially enjoys reading the *Clifford* book series to the children. "I grew up reading *Clifford* and I love being able to share a part of my childhood. It has sentimental value," she said. The volunteers also strongly believe in the value of promoting emergent literacy. "I enjoy being able to convey to parents the crucial importance of reading aloud to their children, so that they may come to appreciate and enjoy reading early on in their lives," said Julian Flores. Julian's favorite book to read aloud is our book of the season, *Five Little Monkeys* because it allows for so much interaction, and the children have so much fun with it. Amanda Marinoff (*shown right*) enjoys reading *What I Like About Me* because it celebrates diversity and allows the children to be proud of their own unique features. "I love being a small part of the movement to help children fall in love with reading. And that is not something small at all," said Amanda.

Brown Bear, Brown Bear, What do you See? by Bill Martin, Jr.

The Very Hungry Caterpillar
by Eric Carle

The Cat in the Hat
by Dr. Seuss

If You Give a Mouse a Cookie
by Laura

Vive tu Vida: Live your Life and Read!



Reach Out and Read is collaborating with the "Vive tu Vida/Live Your Life" Task Force, a community effort to help educate, motivate, and mobilize school aged children and their families to live healthier lives. ROR has pledged to promote three important "habits of healthy kids" championed by CHALK and the Task Force. ROR volunteers encourage children and their families to limit the use of TV and video games to no more than 1 hour a day; get enough sleep every day (9-11 hours for school-aged children); and embrace the idea that wellness of mind is wellness of body. Reading and literacy -related activities are excellent alternatives to spending time in front of a screen. Instead of watching TV, playing video games, and chatting on the internet, children can go for a stroll in the park and make up stories as they walk; listen to stories that encourage physical activity; recite nursery rhymes that involve finger play and physical movement; act out their favorite part of a story; and play games, such as alphabet hopscotch or jump-rope, that incorporate both literacy skills and movement. In addition, families can make reading a part of their children's nightly bedtime routine. Reading to children every night before they go to bed provides the dual benefit of helping to foster a love of reading and ensuring that they are getting an adequate amount of sleep. Reading aloud to children every day supports wellness of mind by promoting cognitive development, relieving stress, and stimulating the imagination. Because the mind and body are intimately interconnected, reading every day can be an important of a balanced, healthy lifestyle that will help to make sure your child has a healthy mind in a healthy body.

Where the Wild Things Are, by Maurice Sendak

Clifford, the Big Red Dog by N. Bridwell