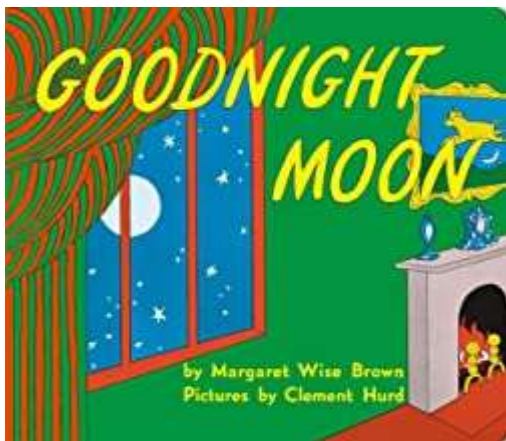




## Five things to do with under ones: Literacy

Start reading to your baby from the earliest age, even when you are pregnant! Your baby has been comforted by the sound of your voice since way before they enter the world.

Choose board books for younger babies and start with black and white books with patterns or books with contrasting colours. There may not be an exciting plot but listening to you describe a swirl is enough for very young babies.



Establish a bed-time routine from birth that includes reading a story with your baby. Choose books that are calming and gentle, such as *Goodnight Moon* by Margaret Wise Brown. Reading together is way to bond and build a strong and loving relationship with your baby.

It doesn't have to be perfect! Babies chew books and that's ok. She will soon learn to turn the pages. Take time to look and talk about the pictures and if she wants to skip pages or go in a random order, that's ok too! And don't worry if you are not a brilliant reader – just listening to the sound of your voice is comforting to your baby.

As your baby gets older, interactive books with mirrors and lift-the-flaps will enthrall her. Use animal noises and sound effects to make her laugh and bring the story to life.