



# Importance and Benefits of Reading to Your Baby

Source: [Tamara Guo, Parent Routines](#)



Many people wonder how reading to a baby as young as a newborn can really be beneficial, after all the baby can't really comprehend what is being read nor can he or she talk yet. But there are **many benefits** to beginning to read aloud to your baby before he or she can talk.

## Benefits:

- Promotes later communication skills
- Builds vocabulary and enhances memory, listening and attention skills
- Develops other important skills by looking at pointing to and touching pictures
- Babies hear different inflections and emotions in your voice as you read
- Babies enhance fine motor skills as they learn to turn pages in board books

**Create a daily routine!** Reading to young children also promotes the closeness between parent and child and can be a special time to sooth the child to sleep. Try to pick a certain time each day to read to your child and make it a routine. Don't worry about finishing an entire book or even reading word for word. Sometimes just making animal sounds or talking about the pictures on each page is enough.

**For young babies:** Pick vinyl or cardboard page books with high contrast images and one large simple picture per page.

**For toddlers:** Add texture books with crinkly and shiny pages to share and explore, and pop up books

Babies and toddlers enjoy books with real life pictures as well as **rhyming books** and books with **repetitive text**. Books by Eric Carle and Margaret Wise Brown are some favorites of young children.

Check with your local library for story times just for babies and toddlers. Story times are geared toward their attention span and developmental level.