



Reach Out and Read Milestones: Integrating Books into the Well-Child Visit

	Newborn & 3-5 Day Visits	1 Month & 2 Month Visits	4 Month Visit	6 Month Visit	9 Month Visit	12 Month Visit
Example Book Type	Tug-at-the-heartstrings books, bonding books Can be paperback	Board and cloth books Nursery rhymes	Board and cloth books High contrast Touch and feel Few to no words	Board and cloth books Baby faces or animals High contrast, bright colors	Board books 1 or 2 words per page Pictures of babies, animals	Board books Rhyming books Picture books
BOOK CONTENT MATTERS LESS; THE PARENT'S VOICE IS MOST IMPORTANT						
Use of Book as a Clinical Tool		May start to smile at hearing parent's voice	Reaches for book Holds chin up to look at book during tummy time	Grabs/ throws book Chews book	Moves the book from one hand to another	Picks up book with a pincer grasp
USE THE BOOK TO RELIEVE ANXIETY, MAKE CONNECTION WITH CHILD, PUT THE CHILD AT EASE						
Relational Observations	Parents attentive to baby Baby calms when picked up or spoken to Looks in parent's eyes	Parents use parentese Engage with baby during quiet alert states Infant quiets or turns to parent's voice Follows parent with eyes	Parent uses parentese Infant turns to voices Looks for parents when upset Parent and infant responsive to one another	Parent shows empathy towards baby's moods Parent and infant responsive to one another	Parent and child have joyful serve/return interactions Co-regulate after negative experiences	Parent and child have joyful serve/return interactions Mimic each other
ENCOURAGE CLOSE, FACE-TO-FACE CONVERSATIONS WITH DIRECT EYE CONTACT						
Anticipatory Guidance	Talk and sing with the baby during feedings, bath times and diaper changes	Talk and sing with the baby during feedings, bath times and diaper changes	Baby won't be ready to read the whole book; they still enjoy reading with you	Baby will chew on books, want to hold them Will be more interactive-follow baby's cues for more or when to stop	Baby will drop/throw book Play peek-a-boo with the book Point at and name things on pages	Name things on the page, ask child to point at them Use reading to calm baby
MODEL WARM, POSITIVE INTERACTIONS, POINT OUT TO PARENTS WHAT YOU ARE DOING AND WHY						
Modeling	Voice the baby's experience "Ohh it's chilly I know!" Use parentese	Voice the baby's experience "You're so sleepy!" Use parentese	Use animal noises to engage with child, make the baby laugh	Model turn-taking, and expect baby to have reciprocal noises	Play peek-a-boo with the book, watch the baby laugh!	Model serve-and-return engagement and ask baby questions and wait for a response
WITH ALL VISITS, TAKE THE OPPORTUNITY TO MAKE COMMUNITY CONNECTIONS AS AVAILABLE, INCLUDING THE LIBRARY, STORY TIME, PRE-SCHOOL, DAY CARE, AND MUSEUMS						



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	15 Month & 18 Month Visits	24 Month & 30 Month Visits	3 Year Visit	4 Year Visit	5 Year Visit
Example Book Type	Board books Simple rhymes, predictable text	Board books Simple rhymes, predictable text	Paperbacks Counting and alphabet	Paperbacks Storyline with beginning/middle/end Challenging vocabulary	Paperbacks Longer stories with fewer pictures
ENCOURAGE PARENTS TO LET THE CHILD CHOOSE WHICH BOOKS TO READ. LET THEM EXPLORE TOPICS THEY LIKE!					
Use of Book as a Clinical Tool	Turns board book pages Holds and walks with book, picks up book Looks at picture when named.	Uses 2 word phrases Turns book pages Answers "what's that" questions	Uses 3 word phrases Answers "what", "where", and "what's happening" questions	Uses 4 word sentences Identifies numbers Answers "why", "how" and "would" (would you do that) questions	Counts 10 objects Names letters Answers "what's happening" questions
USE THE BOOK TO RELIEVE ANXIETY, MAKE CONNECTION WITH CHILD, PUT THE CHILD AT EASE					
Relational Observations	Parent and child show turn-taking, verbal and non-verbal exchanges Exhibit shared attention over book	Parent-child interactions show complexity, delight, turn-taking, mutual problem solving	Parent-child interactions are complex, playful, and emotionally sensitive	Parent and child have conversations about feelings and every day life	Parent and child engage in warm and responsive interactions
PARENT AND TODDLER SHOW TURN TAKING, VERBAL AND NON-VERBAL EXCHANGES; EXHIBIT SHARED ATTENTION OVER BOOK					
Anticipatory Guidance	Smile and answer when your child speaks or points Let your child help turn the pages	Ask what colors are on the page Ask about size-which is the biggest, smallest	Ask "where's the dog?" or "what is that?" when reading together Make reading interactive	Ask "what happens next?" in familiar stories Point out letters, numbers	Point out the letters in your child's name Relate the story to your child's life and experiences
MODEL WARM, POSITIVE INTERACTIONS, POINT OUT TO PARENTS WHAT YOU ARE DOING AND WHY					
Modeling	Point out when baby turns pages, praise development	Model interactions "Does the cow say bark bark? Or does he say moo?" Use humor. "No, that's silly!"	Model interactions: "What do you see on this page?"	Model interactions: "What is this girl doing? What would you do if you saw her doing that?"	Model interactions: "What is this book about? What do you think will happen next? Why?"
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