



## Reach Out and Read for Newborns and Special Populations

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# Using Reach Out and Read Starting at Birth

Reach Out and Read (ROR) is a national nonprofit organization that promotes early literacy and school readiness by integrating children's books and advice to parents about the importance of reading aloud into pediatric care.



## Goals:

- Encourage early literacy and language development.
- Foster a love of reading.
- Strengthen the parent-child bond through shared reading experiences.

# Newborn Check (0-1 Month)

## Objectives

- Introduce the concept of early literacy to parents.
- Discuss the importance of reading aloud even to very young infants. And discuss importance of talking and singing and verbalizing in general

## Key Points

- Early Literacy Importance: Explain how early exposure to language and books can positively impact brain development.
- Parental Role: Emphasize parents' role in their child's literacy journey.
- Bonding: Reading aloud enhances parent-child bonding and helps with the baby's emotional development

# Newborn Check (0-1 Month)

## Practical Steps

1. **Provide a Book:** Give a board book suitable for newborns.
2. **Model Reading:** Demonstrate how to read to a newborn, emphasizing:
  1. Soft, soothing voice.
  2. Holding the baby close to promote bonding.
  3. Simple, repetitive text and high-contrast images.
3. **Parental Guidance:**
  1. Encourage parents to read every day, even if it's just for a few minutes.
  2. Reassure them that it's okay if the baby doesn't seem to pay attention at first.



# 2-Month Check

## Objectives

- Reinforce the practice of reading aloud.
- Encourage parents to incorporate reading into the daily routine.

## Key Points

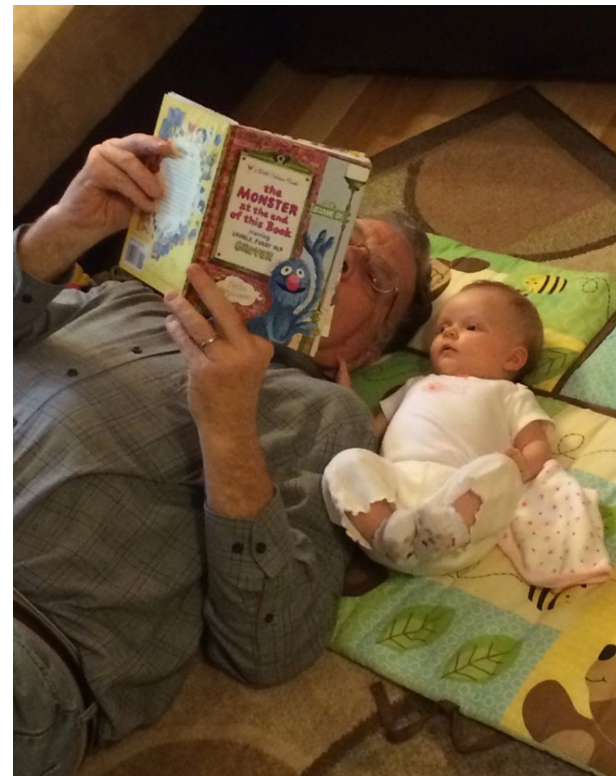
- Consistency: Regular reading helps establish routines and fosters a sense of security.
- Language Development: Reading helps with language acquisition and listening skills.
- Engagement: Babies may start to show more interest in books through cooing or looking at pictures.



# 2-Month Check

## Practical Steps

- 1. Provide a New Book:** Offer a different board book appropriate for a 2-month-old.
- 2. Interactive Reading:** Show parents how to make reading interactive:
  1. Point to pictures and name them.
  2. Use different voices for characters to keep the baby engaged.
- 3. Parental Guidance:**
  1. Encourage parents to observe their baby's reactions and respond to them.
  2. Suggest incorporating reading into bedtime or other daily routines.



# 4-Month Check

## Objectives

- Further integrate reading into the family's daily life.
- Highlight developmental milestones related to early literacy.

## Key Points

- **Developmental Milestones:** Babies may start to reach for books, show preferences for certain books, and respond to the rhythm and tone of the reader's voice.
- **Cognitive Benefits:** Reading supports cognitive development, including memory and attention span.
- **Social Interaction:** Reading aloud fosters social and emotional development through shared experiences.

# 4-Month Check

## Practical Steps

1. **Provide Another Book:** Give a new board book suitable for a 4-month-old.
2. **Interactive Techniques:** Demonstrate more interactive techniques:
  1. Encourage parents to let the baby touch and explore the book.
  2. Use facial expressions and exaggerated tones to keep the baby engaged.
3. **Parental Guidance:**
  1. Remind parents that it's normal for babies to put books in their mouths as part of exploration.
  2. Encourage incorporating books into playtime.

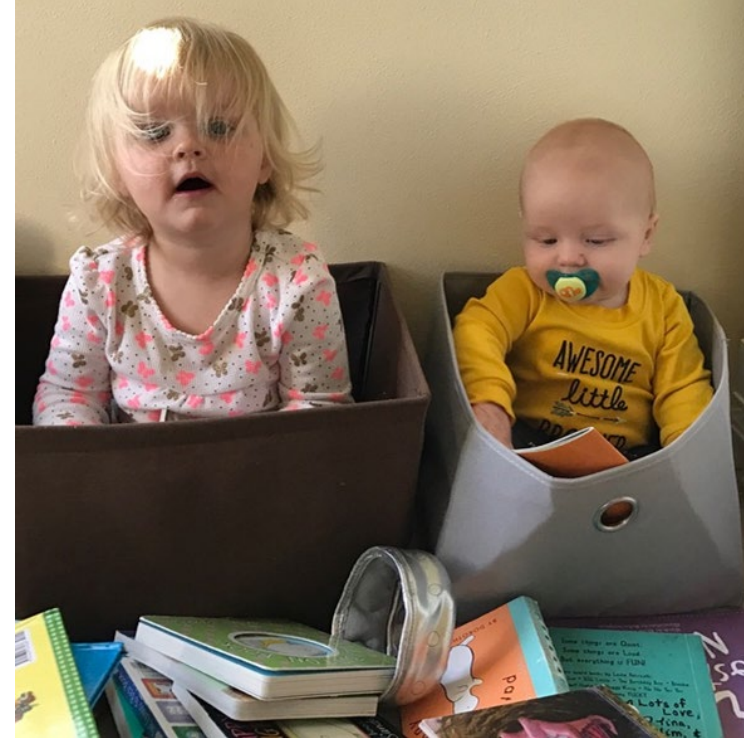




# Birth to 4 months

Gets infants and families ready for ongoing engagement in Reach Out and Read through 5 years of age

- **Ongoing Support:** Encourage parents to continue reading aloud regularly and to view it as a fun and integral part of their daily routine.
- **Resource Availability:** Inform parents about local libraries, community resources, and the ongoing support available through the Reach Out and Read program.
- **Follow-Up:** Remind parents that at each well-child visit, they will receive a new book and additional guidance on promoting early literacy.



# ROR and Children with Special Needs

## Introduction

- Reach Out and Read (ROR) is a national nonprofit organization that promotes early literacy and school readiness by integrating children's books and advice to parents about the importance of reading aloud into pediatric care.
- Goals for Children with Developmental Disabilities:
  - Tailor early literacy approaches to meet the unique needs of children with developmental disabilities.
  - Support language development, cognitive growth, and social-emotional well-being.
  - Empower families to engage in meaningful reading experiences with their children.

# Understanding Developmental Disabilities

- **Common Developmental Disabilities:** Autism Spectrum Disorder (ASD), Down Syndrome, Cerebral Palsy, Intellectual Disabilities, Blindness, Deafness, and others.
- **Challenges:** Children may experience difficulties with communication, social interaction, motor skills, and cognitive processes.
- **Strengths:** Many children with developmental disabilities have unique strengths and interests that can be leveraged to foster a love of reading.

# Newborn to 6-Month Check

## Objectives

- Introduce the concept of early literacy tailored to developmental needs.
- Discuss the importance of reading aloud and its benefits, even for children with developmental delays.

## Key Points

- Individualized Approach: Recognize that each child with developmental disabilities is unique, and tailor reading strategies to their specific needs.
- Sensory Engagement: Use books that engage multiple senses (e.g., textured books, books with sounds).
- Parental Role: Emphasize the importance of parents' involvement in fostering early literacy.

# Newborn to 6-Month Check

## Practical Steps

- 1. Provide a Suitable Book:** Choose a book with sensory features appropriate for the child's developmental level.
- 2. Model Reading:** Demonstrate how to read to a child, focusing on:
  1. Engaging the senses (e.g., touch and sound).
  2. Using simple, repetitive language.
  3. Holding the child close to promote bonding.
- 3. Parental Guidance:**
  1. Encourage parents to read daily, using books that cater to their child's sensory preferences.
  2. Reassure parents that reading aloud can be beneficial even if the child does not respond in typical ways.

# 6-Month to 1-Year Check

## Objectives

- Reinforce the practice of reading aloud with adaptations for developmental disabilities.
- Encourage parents to incorporate reading into their daily routine.

## Key Points

- **Routine and Consistency:** Regular reading helps establish routines and provides a sense of security.
- **Adaptive Techniques:** Use adaptive techniques to cater to the child's developmental level and interests.
- **Engagement:** Encourage parents to observe and respond to their child's cues and interests.

# 6-Month to 1-Year Check

## Practical Steps

- 1. Provide a New Book:** Offer a book with interactive elements (e.g., lift-the-flap, textured pages).
- 2. Interactive Reading:** Show parents how to make reading interactive:
  1. Point to pictures and describe them.
  2. Use different voices and facial expressions to engage the child.
- 3. Parental Guidance:**
  1. Suggest incorporating reading into daily routines, such as bedtime.
  2. Encourage the use of books that align with the child's interests and abilities.

# 1-Year to 2-Year Check

## Objectives

- Further integrate reading into the family's daily life with adaptations for developmental disabilities.
- Highlight developmental milestones and how reading can support these areas.

## Key Points

- **Developmental Milestones:** Reading can support language development, cognitive skills, and social interaction.
- **Customized Approach:** Tailor book choices and reading strategies to the child's developmental stage and interests.
- **Parental Involvement:** Empower parents to be active participants in their child's literacy journey.



# 1-Year to 2-Year Check

## Practical Steps

- 1. Provide Another Book:** Give a book that suits the child's developmental level and interests.
- 2. Interactive Techniques:** Demonstrate more interactive techniques:
  1. Encourage parents to let the child explore the book (e.g., turning pages, touching textures).
  2. Use exaggerated tones and expressions to capture the child's attention.
- 3. Parental Guidance:**
  1. Remind parents that it's normal for children to engage with books in varied ways.
  2. Encourage parents to be patient and responsive to their child's cues and interests.

# Preschool age children (3-5 years)

## Objectives

- Introduce the concept of early literacy tailored to developmental needs.
- Discuss the importance of reading aloud and its benefits, even for children with developmental delays.

## Key Points

- Individualized Approach: Recognize that each child with developmental disabilities is unique, and tailor reading strategies to their specific needs.
- Engagement and Interaction: Use books that encourage interaction (e.g., lift-the-flap, textures, sound buttons).
- Parental Role: Emphasize the importance of parents' involvement in fostering early literacy.

# Preschool age children (3-5 years)

## Practical Steps

- 1. Provide a Suitable Book:** Choose a book with interactive features appropriate for the child's developmental level.
- 2. Model Reading:** Demonstrate how to read to a child, focusing on:
  1. Encouraging interaction with the book (e.g., lifting flaps, touching textures).
  2. Using simple, repetitive language.
  3. Expressive reading to engage the child.
- 3. Parental Guidance:**
  1. Encourage parents to read daily, using books that cater to their child's sensory preferences.
  2. Reassure parents that reading aloud can be beneficial even if the child does not respond in typical ways.

# Strategies for Interaction

## 1. Choose the Right Books

- **Sensory Books:** Select books with textures, flaps, or sound buttons to engage multiple senses.
  - **Example:** "Pat the Bunny" by Dorothy Kunhardt, which includes various textures and interactive elements.
- **Simple and Repetitive Books:** Use books with simple, repetitive text and clear, engaging pictures.
  - **Example:** "Brown Bear, Brown Bear, What Do You See?" by Bill Martin Jr. and Eric Carle, which features repetitive text and vibrant images.

# Strategies for Interaction

## 2. Create a Comfortable Reading Environment

- **Quiet Space:** Ensure the reading area is quiet and free from distractions.
- **Comfortable Seating:** Use a cozy chair or sit on the floor with the child in your lap to promote bonding and comfort.

# Strategies for Interaction

## 3. Interactive Techniques

- **Pointing and Naming:** Point to pictures and name them, encouraging the child to follow along.
  - Example: Point to a picture of a dog and say, "Look, it's a dog! Can you say 'dog'?"
- **Ask Simple Questions:** Ask questions about the pictures to engage the child and encourage interaction.
  - Example: "What color is the ball?" or "Can you find the cat?"
- **Use Exaggerated Expressions and Voices:** Use different voices for characters and exaggerated facial expressions to capture the child's attention.
  - Example: Use a deep voice for a bear and a high-pitched voice for a bird.
- **Encourage Participation:** Let the child turn the pages, touch textures, or press buttons.
  - Example: "Can you turn the page?" or "Feel how soft the bunny is."

# Strategies for Interaction

## 4. Adapt Reading to the Child's Needs

- **Follow the Child's Lead:** Pay attention to the child's interests and cues, and adapt the reading session accordingly.
  - Example: If the child is particularly interested in animals, focus on books that feature animals and their sounds.
- **Short, Frequent Sessions:** Keep reading sessions short and frequent to match the child's attention span.
  - Example: Read for 5-10 minutes several times a day rather than one long session.

# Strategies for Interaction

## 5. Use Visual Supports

- **Picture Schedules:** Use a picture schedule to show the sequence of events, including reading time.
  - Example: A visual schedule with pictures for breakfast, playtime, reading, and bedtime.
- **Visual Aids:** Incorporate visual aids like flashcards or storyboards to support understanding.
  - Example: Use flashcards with pictures of objects in the story to reinforce vocabulary.



# Strategies for Interaction

## 6. Incorporate Movement

- **Action Stories:** Choose books that encourage movement and actions.
  - Example: "From Head to Toe" by Eric Carle, which prompts children to imitate animal movements.
- **Interactive Play:** Integrate play activities related to the story.
  - Example: After reading a book about animals, play a game where the child imitates animal sounds and movements.

# Strategies for Interaction

## 7. Positive Reinforcement

- **Praise and Encouragement:** Use positive reinforcement to encourage participation and engagement.
  - Example: "Great job turning the page!" or "You found the cat! Well done!"
- **Celebrate Small Achievements:** Celebrate small milestones and progress in reading.
  - Example: "You said 'dog'! That's wonderful!"

# Reading with a Child with Autism Spectrum Disorder (ASD)

- **Book Choice:** "Dear Zoo" by Rod Campbell (lift-the-flap book).
- **Technique:** Point to the animal behind each flap and name it. Encourage the child to lift the flaps and repeat the animal names.
  - "Look, what's behind this flap? It's a lion! Can you say 'lion'?"
- **Interaction:** Use animal sounds and ask the child to imitate them.
  - "The lion says 'roar!' Can you roar like a lion?"

# Reading with a Child with Down Syndrome

- Book Choice: "Where's Spot?" by Eric Hill (lift-the-flap book).
- Technique: Point to the pictures and use simple, repetitive language.
  - "Where's Spot? Is he behind the door? Let's see!"
- Interaction: Encourage the child to lift the flaps and ask questions.
  - "Can you lift the flap? Is Spot there?"



# Reading with a Child with Cerebral Palsy

- **Book Choice:** "That's Not My Dinosaur" by Fiona Watt (touch-and-feel book).
- **Technique:** Help the child touch the different textures and describe them.
  - "Feel the dinosaur's bumpy scales. They are so rough!"
- **Interaction:** Encourage the child to turn the pages with assistance if needed.
  - "Let's turn the page together. What do we find next?"



# Conclusion

- Empowerment: Empower families to engage in meaningful reading experiences with their children, regardless of age or developmental challenges.
- Resource Availability: Inform parents about local libraries, community resources, and the ongoing support available through the Reach Out and Read program.
- Follow-Up: Remind families that at each well-child visit, they will receive a new book and additional guidance on promoting early literacy.

