

# DAILY READING

## HEALTHY START PERFORMANCE MEASURE



### **Healthy Start Benchmark:**

Increase the proportion of Healthy Start child participants aged <24 months who are read to by a parent or family member 3 or more times per week to 50%.

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### **Rationale**

Reading regularly with children during infancy through preschool years and beyond promotes language and literacy skills, child development, and school readiness. It also stimulates brain development, increases socio-emotional skills, and strengthens parent-child relationships. Reading with children introduces concepts such as numbers, colors, and shapes; builds listening, memory, and vocabulary skills; and provides information about the world around them.

Helping families understand the importance of reading daily to their young children is an important strategy to support healthy families and healthy babies

This Resource Sheet provides recommended strategies and a selection of resources and evidence-based practices to aid Healthy Start grantee organizations, partners and their staff in supporting the women and families they serve in completing daily reading 3 times or more per week to infants and young children.



Developed by JSI for the Healthy Start EPIC Center



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## Program Level Strategy

### Build Capacity to Promote Daily Reading with Children

#### Strategies

Educate Healthy Start program providers and staff on the importance of daily reading with infants and young children to promote language and literacy development and school readiness.

Create literacy-rich environments for Healthy Start children participants by including culturally and age-appropriate books in Healthy Start grantee program waiting rooms.

#### Select Resources & Evidence-Based Practices

[Reach Out and Read](#)

[Books Build Connections Toolkit](#)



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## Individual & Family Level Strategies

### Assess Daily Reading Practices and Encourage Parents to Read with their Children

Strategies	Select Resources & Evidence-Based Practices
<p>Assess Healthy Start participants' reading practices with their children.</p> <p>Encourage Healthy Start women participants, their partners and other caregivers to read, talk, sing, and play with their young children daily beginning at birth.</p> <p>Encourage Healthy Start women participants, their partners and other caregivers to visit their local library with their children to borrow books and for story time.</p> <p>Encourage Healthy Start women participants, their partners and other caregivers with low literacy levels to share picture books with their children, talk with them about what is happening in pictures, and perhaps act out stories with them.</p>	<p><a href="#">Reach Out and Read</a></p> <p><a href="#">Reading is Fundamental</a></p> <p><a href="#">Books Build Connections Toolkit</a></p> <p><a href="#">Strengthening Families</a></p> <p><a href="#">Healthy Start Screening Tools</a></p>
<p>Incorporate age-appropriate books into each visit with Healthy Start participants and encourage families to read aloud together.</p> <p>At each checkup appointment (postpartum visit, well woman visit, well child visit), provide Healthy Start child participants with a new book to bring home.</p>	<p><a href="#">Reach Out and Read</a></p> <p><a href="#">Reading is Fundamental</a></p> <p><a href="#">Books Build Connections Toolkit</a></p>
<p>Provide Healthy Start women participants, their partners and other caregivers with tools, resources, and knowledge to promote reading with their children.</p> <p>Provide Healthy Start women participants, their partners and other caregivers with bi-lingual tools, resources, and knowledge to promote reading with their children.</p>	<p><a href="#">Reach Out and Read</a></p> <p><a href="#">Healthy Children</a></p> <p><a href="#">Colorín Colorado</a></p> <p><a href="#">Reading is Fundamental</a></p> <p><a href="#">First 5: Videos To Teach Parents How To Read To Their Children</a></p> <p><a href="#">Strengthening Families</a></p>



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## Individual & Family Level Strategies

### Assess Daily Reading Practices and Encourage Parents to Read with their Children (continued)

Strategies	Select Resources & Evidence-Based Practices
<p>Promote the 5 R's to Healthy Start women participants, their partners and other caregivers as guidance for reading with their children:</p> <ul style="list-style-type: none"><li>• <i>Read</i> together as a daily, fun, family activity</li><li>• <i>Rhyme</i>, play, talk, sing and cuddle together often throughout the day</li><li>• Build <i>Routines</i> for meals, play, and sleep, which help children know what to expect and what is expected of them</li><li>• Give <i>Rewards</i> for everyday successes (especially for effort towards goals like helping), understanding that praise from those closest to a child is a very potent award</li><li>• Develop <i>Relationships</i> that are nurturing, reciprocal, purposeful, and lasting, which are the foundation of healthy early brain and child development</li></ul>	<p><a href="#">Books Build Connections Toolkit</a></p>
<p>Refer Healthy Start participants to a local Imagination Library program, if available in your community.</p>	<p><a href="#">Dolly Parton's Imagination Library</a></p>
<p>Refer Healthy Start participants to a home visiting program that includes a focus on early childhood development and serves as a resource to promote reading with children.</p>	<p><a href="#">Early Head Start Home Visiting</a></p> <p><a href="#">Every Child Succeeds</a></p> <p><a href="#">Parents as Teachers (PAT)</a></p>



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## Community Level Strategies

### Increase Awareness and Promotion of Daily Readings with Young Children to Community Organizations and Partners

Strategies	Select Resources & Evidence-Based Practices
<p>Encourage community partners and home visiting programs that serve women, children, and families to promote parent reading with children and to create literacy-rich environments for children by including culturally and age-appropriate books in their visits..</p> <p>Distribute education materials on reading and literacy to community partners and programs that serve women, children, and families.</p>	<p><a href="#">Reach Out and Read</a></p> <p><a href="#">Colorín Colorado</a></p> <p><a href="#">Reading is Fundamental</a></p> <p><a href="#">First 5: Videos To Teach Parents How To Read To Their Children</a></p> <p><a href="#">Early Head Start Home Visiting</a></p> <p><a href="#">Every Child Succeeds</a></p>
<p>Offer outreach, training and education to health care providers in the community (e.g., family practice providers and pediatric providers) on the importance of reading aloud to children, beginning at infancy, and the AAP recommendation to promote parent reading with infants and young children during pediatric visits.</p>	<p><a href="#">Reach Out and Read</a></p> <p><a href="#">Books Build Connections Toolkit</a></p>
<p>Host a book drive with community partners that serve women, children, and families to provide books to children and families.</p>	<p><a href="#">Books Build Connections Toolkit</a></p>

### Healthy Start EPIC Center Webinar Resources:

[Ask the Expert: Parenting Children from Birth to Age 2](#)



This Resource Sheet can be accessed electronically: <http://healthystartepic.org/>