



# READING

## with Your 12 Month Old Baby

At Kids First our mission is to provide children with the best medical care in a family-centered environment and to partner with parents to raise healthy children both physically and emotionally. We strive to continually improve our practice through new programs and initiatives that will benefit children and families long after their visit to our office is complete. That's why we are proud to present One Book at a Time, providing young children with an age-appropriate book at each well visit. Our initiative partners with the national Reach Out and Read program, an evidence-based nonprofit organization that promotes early literacy and school readiness in pediatric exam rooms nationwide.

In addition to providing books to patients, ages 6 months to 5 years, we address age appropriate milestones related to reading and literacy and suggest highly recommended books at each stage of development. Our goal is to enhance our relationship with your child and to promote literacy skills at home.

At Kids First we value our role as your partner and resource for raising healthy children. It is our hope that as positive role models to your children, we will be able to reinforce the importance of books and reading in their everyday lives. We hope that our excitement over books is contagious and spills into your conversations and interactions with your children. Through this program, we have made it our mission to foster relationships, encourage development and create smiles One Book at a Time.

### HOW TO IMPACT LITERACY AT THIS AGE:

- Respond as your child prompts you to read
- Let your child control the book
- Be comfortable with your toddler's short attention span
- Ask "where's the...?" and let your child point to the pictures

### MOTOR SKILLS TO EXPECT AT 12 MONTHS:

- Sits without support
- May carry the book
- Holds books with help
- Turns board pages, several at a time
- No longer puts book in mouth right away

### COGNITIVE SKILLS TO EXPECT AT THIS AGE:

- Points at pictures with one finger
- May make same sound for particular picture (labels)
- Points when asked, "where's...?"
- Turns book right side up
- Gives book to adult to read

### Suggested books for further reading:

*Yum Tummy Ticky!* by Karen Baicker  
*Old Mother Hubbard* by Jane Cabrera  
*Mama Loves You* by Caroline Stutson  
*From Head To Toe* by Eric Carle  
*Bear Wants More* by Karma Wilson  
*Ten Tiny Babies* by Karen Katz  
*I Went Walking* by Sue Williams  
*Miss Spider's Tea Party: The Counting Book* by David Kirk



The American Academy of Pediatrics (AAP) and the National Association of Pediatric Nurse Practitioners (NAPNP) have officially endorsed the Reach Out and Read model of early literacy promotion. For more information, go to [www.reachoutandread.org](http://www.reachoutandread.org)

