



READING

with Your Four Year Old

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:

- Ask "what's happening?"
- Encourage writing and drawing
- Let your child tell the story

MOTOR SKILLS TO EXPECT AT 4 YEARS:

- Competent book handling
- Turns paper pages one at a time

COGNITIVE SKILLS TO EXPECT AT THIS AGE:

- Listens to longer stories
- Can retell familiar stories
- Understands what text is
- Moves fingers along text
- "Writes" name
- Moves toward letter recognition

Suggested books for further reading:

Penny Bitter Fudge by Toni Morrison
We're Going On A Bear Hunt by Michael Rosen
Food For Thought by Saxton Freymann
In The Night Kitchen by Maurice Sendak
Too Many Toys by David Shannon
The Topsy-Turvy Towel by Julie Goulis
The Little Old Lady Who Was Not Afraid Of Anything by Linda Williams
Swimmy by Leo Leonni
Muncha! Muncha! Muncha! by Candace Fleming
My Garden by Kevin Henkes
Duck At The Door by Jackie Urbanovic
The Three Little Tamales by Eric A. Kimmel



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

