During regular pediatric checkups, Reach Out and Read physicians give new books to children from birth through 5 years and talk with parents about the importance of reading aloud.

**Read Together**
Babies love to be held and to hear your voice. Cuddle up together and look at board books.

**Limit Screen time to 1 Hour a Day**
Doctors recommend one hour of screen time per day for children 2-5 years old. Balance this with books, toys, and games.

**Create a Screen Time Plan**
Talk about what the best screen time balance is for your family and write it down as your Family Screen Time Plan. Visit bklynlib.org/MediaPlan.

**Ask Questions**
Questions like, “What do you think will happen next?” will help develop your child’s thought process.

**Choose Good Screen Time Programs**
Choose TV shows, apps, and movies that are educational for young kids. Find quality content at www.commonsensemedia.org.

**Use Timer for Transitions**
Warn your child when they have 10 minutes left of screen time. Then warn them at 5 and 2 minutes.

Visit www.reachoutandreadnyc.org/clinic-locations to find the clinic closest to you.

Scan the QR code with your phone’s camera to find more resources to support your child’s literacy development.

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www.reachoutandreadnyc.org