

It's Never Too Early to Read with your Child



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.



Ask Questions

Questions like, "What do you think will happen next?" will help develop your child's thought process.



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.



Choose Good Screen Time Programs

Choose TV shows, apps, and movies that are educational for young kids. Find quality content at www.common sense media.org.



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.



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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