



10 Times to Share Books and Stories During a Busy Day

- 1. At Meal Times-** Sing or read a story during a moment of quiet nursing or to gather the kids around the noisy breakfast table.
- 2. In the Car or On the Bus -**Keep a few books in the car or in your diaper bag to keep your little ones quiet and busy.
- 3. At Child Care Drop off-** Calm a crying child at good bye time with a favorite story or lullaby.
- 4. At the Doctor's Office-** Read or tell a soothing story to your little one in the waiting room and sing or talk through the scary parts of the visit.
- 5. At the Grocery Store-** Put a few board books in the shopping cart or tie a cloth book to the shopping cart so you're not cleaning up books from the floor as you go!
- 6. At Nap Time-** Familiar routines always help babies calm and sleep. Use books and stories to quietly ease your baby to sleep.
- 7. At Day's End-** You are exhausted, the baby is fussy. Lie down on the floor or under a tree surrounded by books. Play a book on tape for your baby. Keep your little one busy and try to have some quiet time.
- 8. At Bath Time-** Plastic bath time books are great fun and may help a fussy baby enjoy the tub a little more.
- 9. At Bed Time-** Books and stories are quiet bed time routines that can work magic with babies who fight sleep!
- 10. At Your Time-** Find some time in your day to put your feet up, thumb through a magazine or get lost in a story for you.