

EPISODE **94**

The Lowdown on Reading Aloud to 0-3 year olds

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In This Episode

The Read-Aloud Family is here! And in today's episode, Sarah is talking about reading aloud to infants and toddlers. She shares how to make it happen, why we should, and of course - there are a few book recommendations!

The Listening Guide

Use this guide to skip to parts that most interest you, or listen to the entire podcast.

- 2:51 A common question
- 5:39 Why read-aloud to newborns and toddlers
- 8:34 What can trip you up
- 9:49 Choosing books for this age group
- 13:04 A helpful trick
- 14:11 Favorite books for 0-3s
- 18:51 Let the kids speak

I really think the main benefit of reading aloud with kids from 0-3 is because we help our kids associate books and stories with affection right out of the gate. **We basically demonstrate to our babies that reading is something wonderful.**

Quotes and Questions

* **What's really important.**

"I wouldn't stress if your toddler is turning pages too fast and you're not reading all the words on the page, don't worry about it. You don't even have to read the words on the page, you can just point at the pictures and just notice something on each page. Basically, what we're doing is we are prioritizing the time that we spend with our babies, we're fully present with them, and we're helping them associate books with delight and affection. And, that's a really, really important thing to do at this age."

* **Remember the words of C.S. Lewis.**

Good books are stories that parents and children love.

As C. S. Lewis said *"a children's story which is enjoyed only by children is a bad children's story."*

* **The test of time.**

Does your family have a treasured copy of Mother Goose?

"There's a reason that Mother Goose has stood the test of time and that's because the rhymes have a very special place in the life of a child, especially this age."

* **A small, carefully curated library.**

Sarah says to begin with just 8-10 carefully chosen books ...

"What you'll probably find with most 0-3 year olds is that rather than having you read them a new book, they would almost always prefer for you to read them their favorite books again. So, that's helpful to keep in mind, and it's easier on the budget, too."

Show Notes

Books from today's episode:

- [The Very Hungry Caterpillar](#)
- [Tomie dePaola's Mother Goose](#)
- [Hush! A Thai Lullaby](#)
- [Pancakes, Pancakes](#)
- [Richard Scarry's Best Mother Goose Ever](#)
- [Sylvia Long's Mother Goose](#)
- [Favorite Nursery Rhymes from Mother Goose](#)

Other links from today's show:

- Order [The Read-Aloud Family](#)
- Get the audio version of The Read-Aloud Family (read by Sarah Mackenzie) [right here](#)
- Use the hashtag #readaloudfamily to share photos on social media
- [RAR #19: Reading Aloud to Toddlers - the Why & How](#)
- [RAR #35: Reading Aloud with Toddler \(and other littles\) Underfoot](#)

To find more resources to help you build your family culture around books, visit ReadAloudRevival.com.