

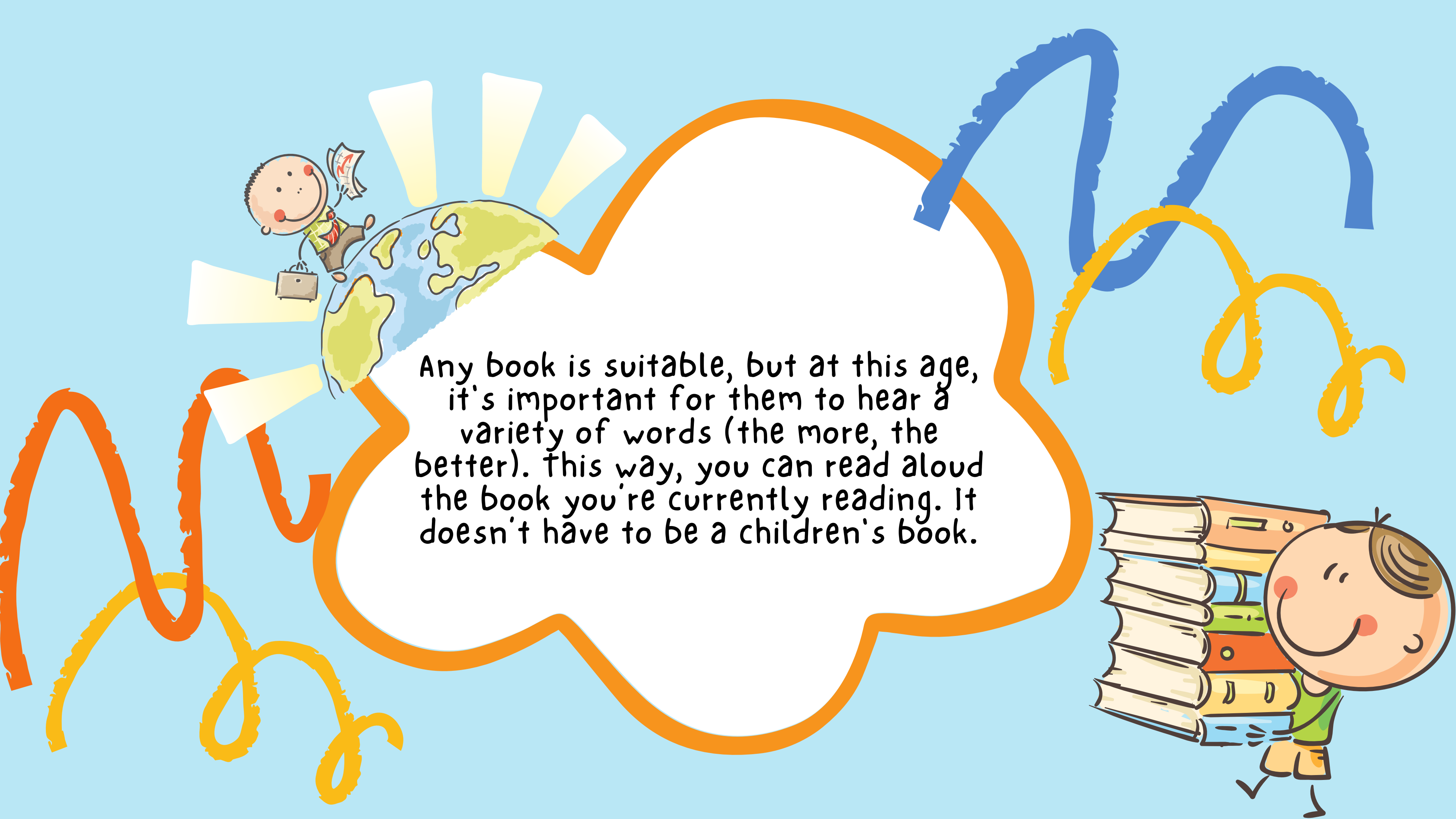
“LEO EN LA NEO”

HOW TO READ TO MY BABY?




Dedicate some of the time when you're doing kangaroo care or in contact with your baby to reading aloud. Do this as often as you can and make it a daily routine. For this, you can bring your own books from home or use the ones you'll find at the entrance of the Neonatal unit.





Any book is suitable, but at this age, it's important for them to hear a variety of words (the more, the better). This way, you can read aloud the book you're currently reading. It doesn't have to be a children's book.

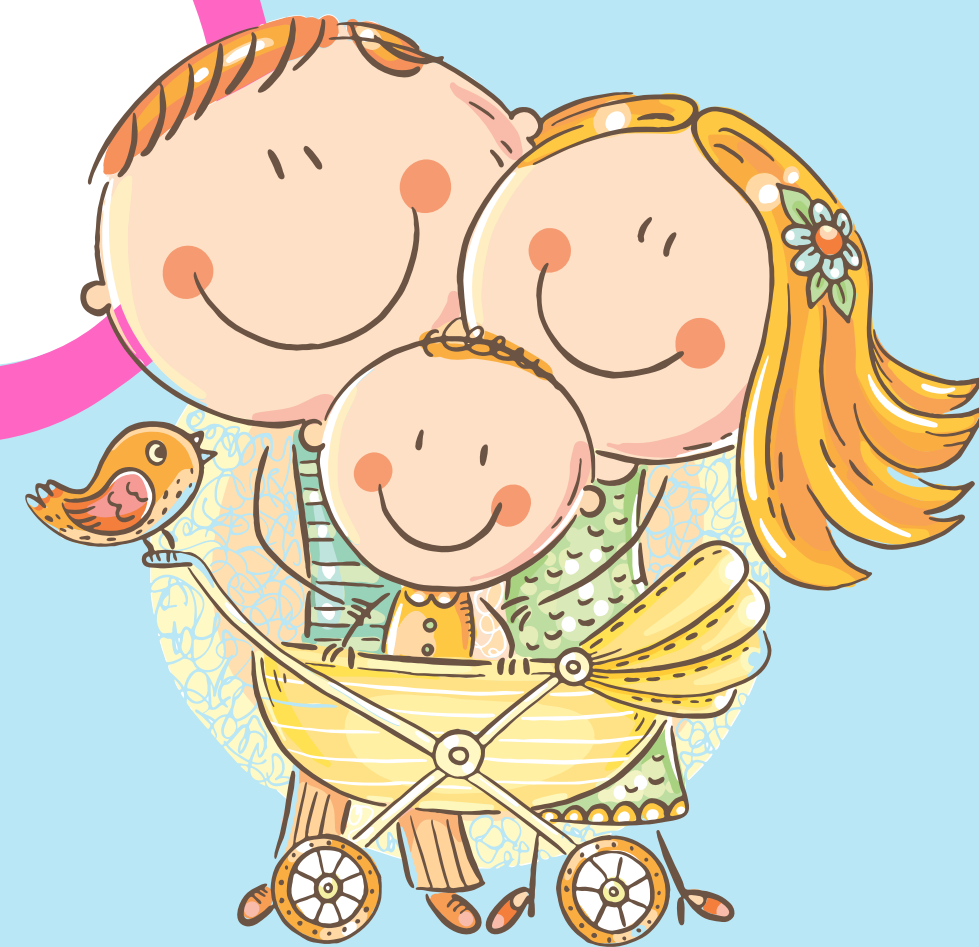


take advantage of any moment to speak to them in a soft voice, read to them, or simply tell them about your day. The earlier you start with shared reading, the greater the beneficial effect.

When they reach the age they were supposed to have been born, you can place them on your lap so they can see your facial expressions as you read aloud. If you watch closely, you'll see that they stare at you intently: your gestures, your expressions... they are falling in love with you and also learning.



Use the language you normally use and do it expressively, varying the tone as appropriate to the text. This way, you're helping them learn more easily.





Remember to use the hand sanitiser (bottle with blue liquid) on your hands when picking up and returning the book

Fancy giving it
a go?



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