

For Children with Motor Delay

Being read to is a part of a rich childhood and will help your child develop and learn. Your child with a motor delay may also have delays speaking or have speech that is hard to understand. He may or may not be able to sit by himself, but he enjoys cuddling up with you in your lap or next to you on the sofa or the floor, and sharing something colorful and interesting. As you read aloud and talk about the story and pictures he may start pointing to pictures, repeating words, or letting you know in other ways that he is sharing a meaningful experience with you. Work together with his therapists and teachers to learn how reading can help with his motor skills, speech and language development, and play activities. His enjoyment can be your guide to choosing a book at the right level; you can try a book for an older age or go back to an old favorite. Reading aloud helps to make reading fun, strengthens his speech and language skills, and gives him a gift that will last for life—the love of books.



READING TIPS FOR YOUR

Infant or Toddler

- **Sit together to read** at a time of day when reading can be fun and relaxing.
- **Use books or borrow library books that have thick, sturdy pages.**
- **Find books that have rhymes**, like Mother Goose or Dr. Seuss.
- **Clap your hands** and help your baby clap along to the rhythm of the words.
- **Read aloud. Talk about the pictures and read the text.** Help your toddler point to objects you name in the book.

READING TIPS FOR YOUR

Preschool or School-Age Child

- **Read at a time when she is relaxed and receptive**, such as before bedtime.
- **Read aloud and talk about the pictures.** Ask her to name objects or read aloud.
- **Find books about things that interest your child**, such as animals or sports.
- **Position your child next to you on the couch. If your child is in a wheelchair or special chair, sit close enough so that she can see the book and hear you.** Ask her OT and/or PT about special tools to help her prop up or turn the pages of the book.
- **Find books with buttons** that make sounds, or audio books that she can start or stop.
- **Because your child's reading and writing skills develop at the same time**, help her use crayons, markers, and paint to draw. Talk with her therapists to learn about how to help develop these skills.

INFANT OR TODDLER SUGGESTED BOOKS

Stroller Strap Books are easy to handle and the sturdy pages stay open and are easy to turn.

E-Z Page Turners are designed to help young children turn the pages. Available online or ask your child's occupational therapist. Titles include: *Trucks*, *Opposites*, and *Mommies and Babies*

PRESCHOOL OR SCHOOL-AGE SUGGESTED BOOKS

Harold and the Purple Crayon
by Crockett Johnson

We're Going on a Bear Hunt
by Helen Oxenbury

Hello, Goodbye Dog
by Maria Gianferrari

Susan Laughs
by Jeannie Willis



where great stories begin™
reachoutandread.org

RESOURCES

BOOKS FOR OLDER CHILDREN

Brothers and Sisters (Ages 5-8)
by Laura Dwight (2005)

Living with a Brother or Sister with Special Needs (Ages 4-10)
by Donald Meyer and Patricia Vadasy (1996)

Views from Our Shoes (Ages 8-12)
by Donald Meyer (1997)

Don't Call Me Special: A First Look at Disability (Ages 8-12)
by Pat Thomas (2005)

A Rainbow of Friends (Ages 3-6)
by P.K. Hallinan (1998)

BOOKS FOR PARENTS

Cerebral Palsy: A Complete Guide for Caregiving
by Freeman Miller and Steven J. Bachrach (2017)

Children with Cerebral Palsy: A Parent's Guide, Second Edition
by Elaine Geralis (1998)

Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders: A Guide for Parents and Professionals
by Sieglinde Martin (2006)

The Cerebral Palsy Tool Kit: From Diagnosis to Understanding
by Michele P. Shusterman (2015)

ORGANIZATIONS (find all web resources at reachoutandread.org/ddresources)

Centers for Disease Control and Prevention
cdc.gov/actearly

Easter Seals
easterseals.com

National Institute of Neurological Disorders and Stroke, National Institutes of Health
ninds.nih.gov

United Cerebral Palsy Association
ucp.org

NIH: Cerebral Palsy
nichd.nih.gov/health/topics/cerebral-palsy

Healthy Children from the American Academy of Pediatrics
healthychildren.org

Muscular Dystrophy Association
mda.org

MEDIA AND TECHNOLOGY RECOMMENDATIONS

- Young children love TV, iPads, videos, and electronic games, but they don't learn as much from looking at screens or pushing buttons as they do spending time reading or playing games with family.
- For children under two years old, the American Academy of Pediatrics (AAP) advises electronic media only for video phone calls with people close to them, such as parents deployed overseas or grandparents.
- For older children, the AAP suggests no more than one hour a day of high-quality programs (such as Public Television).
- Sit with her while she is watching TV or other media, and talk about what she sees.
- Videos with bright lights and catchy tunes can make everything else seem much less interesting. If he struggles to turn off the TV or put down the iPad, it may be a good idea to eliminate screen time altogether.
- Of course, put away your own electronics. Instead, play, sing, talk and read with her.
- For more information on media and technology use, visit healthychildren.org/english/family-life/media/pages/default.aspx

Reading tips on the opposite side

