

**PRE**  
BIRTH



*You are Your*  
CHILD'S 1ST TEACHER

**WELLSTAR**  
Health System

**COBB COUNTY**  
SCHOOL DISTRICT

The logo for Cobb County School District, featuring a stylized 'C' with a smaller 'C' inside it, all within a circular border.



# READY, SET... READ!

## [ EXPECTING MOTHERS FAMILY CHECKLIST AND GUIDE ]

### FAMILY CHECKLIST:

- ✦ Do you set aside daily time for yourself?
- ✦ Do you set aside daily time to read to your older children?
- ✦ Did you know baby's primary connection with the outside world is through sound?
- ✦ Did you know reading to your baby in utero fosters language development and better academic success?

### TIPS FOR FAMILIES:

- ✦ Spend at least 30 minutes a day reading aloud something. This will help the baby understand the spoken language and promote good habits for the future.
- ✦ Reading aloud books with a rhythm and rhyme pattern is soothing to your baby in utero. This will be good quality time for you and your baby and decreases stress.
- ✦ Having older siblings read to the baby not only helps the sibling academically, but will also get them involved with the pregnancy as well.

### SUGGESTED READING:



### MORE GREAT BOOKS:

- **Love You Forever** [Robert Munsch]
- **Are You My Mother?** [P.D. Eastman]

### \*Additional Resources:

*\*A QR Reader app may be needed to view this information and may be downloaded from the App Store or Google Play.*

