



Choose Your Own Picture Book

Let your baby choose a book and begin reading time.

Helps Your Child Grow



Initiative and Curiosity

Supporting your child when they choose and bring a book shows that their initiative has an effect and builds confidence in making a choice independently.

Steps

- Once reading is part of the routine, keep your child's picture books on a shelf they can reach. At bedtime, wait before choosing a book and see whether your child goes to the shelf.
- When they head there on their own, notice it: "You went to get tonight's book yourself."
- Give your child time to choose. Looking at several books or carrying more than one reflects their initiative, so there is no need to hurry the decision.
- When your child hands you a book, accept the choice: "You chose this one. Let's read it together."
- If they bring a large stack, make a simple plan together: "You chose so many! Let's line them up and read this one first."

Tips

- With consistent support, your child may begin choosing a book from the shelf whenever they want a story, not only at bedtime.
- Experiencing "I can choose and bring the book myself" can make them a more active participant in the reading routine.

Observations

- Gets a picture book from the shelf and brings it to you to read
- Chooses a favorite picture book for bedtime