

Reach Out and Read (ROR) Quick Guide

Catrina Hood, Larner College of Medicine Class of 2023

What is Reach Out and Read (ROR)?

- A national model of literacy promotion and family engagement used to deliver anticipatory literacy guidance and books to parents and caregivers of children, ages 6 months through 5 years, at well child visits.
- **CHCB is registered as a ROR Partner Site!**
- Visit <https://reachoutandread.org/> for more information!

How do I integrate ROR into my well-child visits?

- Bring an age-appropriate book into age-eligible (6 mo-5 yr) well child visits.
- Counsel parents/caregivers on the importance of reading and early language exposure for their child
 - Promotes bonding
 - Reading can help create a bedtime routine
 - Use the book to help assess the child's language development during the appointment.
- If books are not available in the family's preferred language, encourage them to use the pictures as a guide for telling their own story or describing the scene in their preferred language.

Where are the books at CHCB South End?

- On the bookshelf in Sue's office!

What is ROR Provider Training?

- ROR offers a free, one-hour online training to providers at registered partner sites.
- Training will discuss ROR's evidence based and three-part delivery model, relate ROR model to the AAP's Bright Futures Guidelines, and tips for integrating ROR into patient encounters.
- Providers who complete all the ROR training modules can claim **CME credit**.

Age-based book selection recommendations from ROR

NEWBORN TO 6 MONTHS (Any format)

Songs and nursery rhymes for parents/caregivers to read
High contrast books
Books with faces

12-24 MONTHS (Board or transitioning to paper)

More items or busier scenes with one sentence per page
Multiple pictures with labels
Beginning simple storyline
Rhyming, counting and alphabet books

6-12 MONTHS (Board books are easiest for babies this age to handle)

Simple pictures with no words or 1 word per page
Babies this age love to see other baby's faces

3-5 YEARS (Paper)

Increasingly complex storylines as a child can concentrate longer.
Humor
Books about familiar experiences such as going to school or daycare

Free Resources at Fletcher Free Library (FFL) for Children and Families [<https://fletcherfree.org/kids>]

- FFL is OPEN for patrons to check books out with full in-person operations to resume in July 2021.
- Children's thematic "Book Bundles" are available for patrons to check out.
- Library staff can work with families one-on-one to find the right books for their children.
- FFL is a "1000 Books Before Kindergarten" partner [<https://1000booksbeforekindergarten.org/>]
 - Families register their child online or in-person & track their reading on log sheets or in the 1000 Books app (iOS)
 - All books read to children count, regardless of who reads them (caregivers, sibling, teacher, family members)
 - They can log the same book more than once...re-reading is encouraged!
 - FFL has curated bags of books for families to check out to make the program easy.
 - Sticker incentives are awarded to children every 50 books and a backpack if they complete the program.