Directions for
“Book Sharing” Goal Setting

0-2 Years Old

I will...

• Let my baby touch, grasp and taste books.
• Encourage my baby to turn pages as we look at a book.
• Share cloth, vinyl and colorful board books.
• Read simple stories about everyday experiences.
• Share books with textures — things to touch, flaps to lift, and holes to poke fingers in.
• Look at and talk about a favorite children’s book.
• Let my child pick out a book to share.
• Point to pictures and name them.
• Describe what is happening in pictures.
• Encourage my child to join in on a rhyme or song. Pause and let her fill in a rhyming word or phrase.
• Ask questions about pictures.
• Make a book for my child. Use photos of family, pets and items that belong to my child.
• Set aside at least one scheduled time each day for reading.
• Make a place in my home where my child can look at books whenever he wants to.
• Read my child’s favorite book over and over again.

Choose 3 goals from these lists and write them on the following page. Then, each time you meet your goal during the week, put a sticker in the appropriate box.

3-5 Years of Age

While reading to my child, I will...

• Ask open-ended questions about the story.
• Read books with excitement and expression in my voice.
• Ask my child to pick out the book we’ll read.
• Explain some of the new words in the book.
• Ask my child to tell me the story.
• Listen to my child’s ideas about the story.
• Talk about the pictures in the book.
• Ask my child to predict what will happen next in the story.
• Encourage other members of the family to read.
• Act out a story with my child.
• Write a book using ideas my child shares.
• Point to the words in the story occasionally.
Book Sharing

Goals for my child and me for the month of ____________________

Goal 1

Goal 2

Goal 3

Week 1

Week 2

Week 3

Week 4

Week 1

Week 2

Week 3

Week 4

Week 1

Week 2

Week 3

Week 4
Directions for
“Communications” Goal Setting

0-2 Years Old

I will...

• Speak clearly and slowly while my baby looks at my mouth.
• Name things my baby points to. (Labeling)
• Have fun making animal sounds when we look at pictures of animals.
• Respond to my baby’s coos and babbles.
• Play with words – sing and make up rhymes using my child’s name.
• Talk about what my child is doing, using simple words. (Parallel Talk)
• Tell my child what I am doing, using simple words. (Self-talk)
• Talk about the size, shape and texture of everyday objects.
• Listen to, and be interested in, what my baby/child says.
• Ask questions and wait for a response: “Where’s your ___? What’s that?”
• Expand on my child’s words. (Stretch Talk)
• Show my child that I am pleased that he is trying to communicate.
• Help my child practice following directions.
• Help my child point to and name parts of his body.
• Tell my child simple, short stories about himself.

Choose 3 goals from these lists and write them on the previous page. Then, each time you meet your goal during the week, put a sticker in the appropriate box.

3-5 Years of Age

While playing with my child, I will...

• Make comments about what my child is doing.
• Teach my child how to do a household chore.
• Talk to my child at mealtimes.
• Ask for my child’s ideas when we are talking.
• Tell my child something that I like about him/her.
• Draw pictures with my child and write down the words he/she uses to describe the pictures.
• Talk about my child’s feelings while we play.
• Encourage my child to talk about what he/she is thinking.
• Ask for my child’s opinion about everyday things.
• Talk to my child about my favorite things for us to do together.
Communication

Goals for my child and me for the month of _______________________

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