

# ASK

# Dr. Hutton!

Q:

My baby seems to be more interested in “eating” the book than “reading” it. What should I do?

A:

Books can seem like a basic food group during infancy - and they are, for the brain at least. Babies need and love to explore their brand new world using all of their brand new senses. It's perfectly normal for them to taste the book you are sharing, and also hold it, drop it, and figure out how it works. Choose “board books” with stiff pages, and when it's time to read, try gently trading for a blanket or teething toy. By age 1 or so, your baby will be increasingly turning pages and listening. Meanwhile, your baby is benefiting by bonding with you, hearing your words, and enjoying the nutritious experience of reading aloud.



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