

Importance of Reading Aloud to Kids *(Interview Transcripts)*

Anne Orzechowski, APRN Family Medicine APRN, OSF HealthCare

“I advise parents to take their kids to the library and just see what they are interested in. Let them explore in the kid section. Maybe they are interested in dinosaurs this week, maybe it’s something about construction – any topic that you think they may be interested in. And if they can even get their own library card, they may get excited just because they were able to check out the book and get more interested in it, so that is kind of a fun tip.” (:25)

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“If you’re reading with your kid, they’re more apt to do it. Reading makes a huge difference in the vocabulary that they speak and words they are exposed to. And it just kind of opens up the world if you’ve got a book where you are talking about something like outer space – things that they can learn.” (:15)

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“I think we are all just exhausted. Especially if you are raising a tiny kiddo – or a few of them – you may be just looking forward to bed time when you can just wind down and have a second of ‘you time.’ So I think you have to incorporate reading to your kid. Maybe you do dinner a little bit earlier. Maybe there is less screen time. I think it is something that you just have to put into your routine. Then once it turns into a habit, it becomes something you don’t even think about.” (:33)

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“If you’ve got a wind down time, I think reading before bed is a great way to get kids into getting mellow, winding down, and getting those screen times off – so that’s a really good time. But if your kid brings you a book and wants to read, any time is a good time to read a book.” (:20)