Leyendo Juntos

(Reading Together)

Literacy Promotion for Pediatric Primary Care Providers

Reach Out and Read®

reachoutandread.org
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The Spanish Language Literacy Promotion Reference Guide was developed for pediatric primary care providers who serve Hispanic/Latino families. The content of the Guide was steered by the Leyendo Juntos (Reading Together) National Advisory Committee for Reach Out and Read, which is composed of medical providers who are bilingual/bicultural and who have extensive experience working with Latino families. The information presented in the Guide was also created with the input of four focus groups of Latino parents of young children.

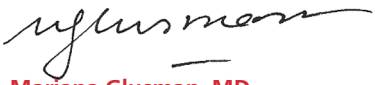
This Guide is designed to be a reference tool for pediatric health care providers already trained in the Reach Out and Read model of early literacy promotion and who are familiar with, but not necessarily fluent in, Spanish. However, the Guide may also be used as a tool for residents and providers new to Reach Out and Read, as it illustrates how to incorporate literacy promotion into common anticipatory guidance discussions.

The Guide is not designed to be a script. Rather, it contains topic ideas and common phrases to enhance interactions with Spanish-speaking patients and parents around books and reading aloud. The Guide is organized by clinical situation (e.g. "I don't have time to read with my child.") and by topic (e.g. "Introducing the book to the patient/family"). For providers with limited Spanish, these suggested phrases may be useful when working with a medical interpreter to ensure that the importance of reading to a child is properly conveyed. They also offer some simple ways to reinforce the interpreter's information.

Please remember that the usage of some of the words may vary slightly from country to country, and culture to culture. Note: The majority of phrases in this guide are directed to the parent/guardian. Phrases in red throughout the guide are directed to the child.

If you have any feedback on this document, or additional best practices, we invite you to email us at info@reachoutandread.org. We hope that this information is useful to you as you bring the essential message of literacy promotion to the tens of thousands of Latino patients that Reach Out and Read serves every day.

Sincerely,



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Essential Messages about Reading with Children

Read together every day.	Lean juntos todos los días.
Enjoy this book together.	Disfruten de este libro juntos.
I have a book for...	Tengo un libro para...
Do you like books?	**¿Te gustan los libros?**
Enjoy reading together!	¡Diviértanse leyendo juntos!
Read with/to your child as much as possible.	Lean juntos lo más posible.
It will prepare him/her better for school.	Lo va a preparar mejor para la escuela.
It's never too early to start developing a love for books!	Nunca es demasiado temprano para empezar a desarrollar el amor por los libros.
Speak, sing and read to your child.	Hable, cante y lea con su hijo/hija.
No one can give your child the love that you give her.	Nadie le puede dar a su hijo/hija tanto cariño como usted.
If you read to her now, when she gets older she will associate books with affection.	Si usted le lee ahora, cuando ella sea grande verá a los libros con cariño.
That's how the love of reading and learning begins!	¡Así empieza el amor por la lectura y el interés por el aprendizaje!

Notes

Introducing the book to the patient/family

Age 6 months to 1 year

These phrases may come in useful for modeling, pointing and naming skills with a book that shows pictures of babies.

I have a present for Maria.	Tengo un regalo para María.
Look, Sara, a book!	**¡Mira Sara, un libro!**
Are you already reading to Jose?	¿Ya le está leyendo a José?
Do you have children's books at home?	¿Tienen libros para niños en su casa?

Age 15 months to 2 years

Are you already reading with him?	¿Ya están leyendo con él?
Does he like it when you look at books with him?	¿Le gusta que le muestren libros?
I have a book for you.	**Tengo un libro para ti.**
What does he do when you show him children's books?	¿Qué hace cuando le muestra los libros?

Age 3 to 5 years

Does he like it when you read to him?	¿Le gusta cuando leen con él?
Does he have a favorite book?	¿Ya tiene su libro favorito?
What books do you like?	**¿Qué libros te gustan?**

Child puts book in his/her mouth

Age 6 months to 1 year

Is that a tasty book? You have good taste in books!	**¿Está sabroso? ¡Tienes buen gusto en libros!**
Don't worry if she puts the book in her mouth. That's what all babies do. That's the way they show appreciation for the book.	No se preocupe si se mete el libro a la boca. Eso lo hacen todos los bebés. Es su forma de explorar el libro.
Don't worry if she bites the book.	No se preocupe si muerde el libro.
Babies learn by using their senses. By handling the book, she is learning to explore.	Al llevarse el libro a la boca está explorando y aprendiendo.

Age 15 months and up

If beyond 15 months the child's first response is to put the book in his/her mouth, this is a potential warning sign that there may be cognitive/socio-emotional delays that need to be evaluated and addressed.

Is he still putting everything in his mouth?	¿Se sigue llevando todo a la boca?

Notes

Book Handling

Age 6 months to 1 year

He's going to put the book in his mouth!	¡Se va a llevar el libro a la boca!
Wow! Look how well he holds the book.	¡Mire como sostiene el libro!
She looks so interested!	¡Se ve qué está muy interesada!
Look at how he turns to you when you talk!	¡Mire como se da vuelta cuando usted le habla!
Your voice is very important to him. Talk to him to stimulate his brain.	Su voz es la más importante para él. Háblele para estimular su mente.
Look how she is paying attention! It doesn't matter if she holds the book upside down. What's important is that she enjoys the book. When she is older, she will realize which way is backwards.	¡Mire como presta atención! No importa si lo agarra al revés. Lo importante es que disfrute del libro. Cuando sea más grande se va a dar cuenta de que está al revés.

Age 15 months to 2 years

Look at how interested he is in the book!	¡Mire como se fija en el libro!
Look how he focuses on the pictures.	¡Mire como se fija en los dibujos!
Even though he is a little afraid of me, he is obviously interested in the book.	Aunque me tiene un poco de desconfianza, se ve que está interesado en el libro.
He is already turning the pages!	¡Ya empieza a voltear las páginas!
If I give him the book upside down, he turns it up the right way!	Si le doy el libro al revés, él lo da vuelta.

Book Guidance

Book Handling

Age 3 to 5 years

Does he like to draw/scribble?	¿Le gusta dibujar?
Is he starting to write some letters?	¿Ya empieza a escribir algunas letras?
Can he write his name?	¿Ya escribe su nombre?
Other ideas to help him learn to read and write that can be included in daily life are:	**Otras actividades para ayudarlo a aprender a leer y escribir que pueden ser incluidas en la vida diaria son:**
• Reading signs on the road.	• Leer letreros en la calle.
• Reading the cereal box while having breakfast.	• Leer la caja del cereal mientras desayunan.
• Asking the child if she can help make the grocery list.	• Pedirle al niño que le ayude hacer una lista de compras para el supermercado.
• Writing a card together to family members who live elsewhere.	• Escribir una carta juntos a familiares que vivan en otros lugares.

Notes

Modeling Book Reading

Age 6 months to 1 year

These phrases may be useful for modeling, pointing and naming skills with a book that shows pictures of babies.

Look at the baby! What a cute baby!	¡Mira el bebé! ¡Que lindo bebé!
Look at the baby's _____. Where are his _____? (eyes , toes, nose)	Mira _____ del bebé. ¿Dónde están _____ del bebé? (los ojos, los pies, la nariz)
Here they are!	¡Aquí están!

Age 15 months to 2 years

At this age, it is important to pause to watch the verbal or physical response from the child and take the toddler's lead if he wants to engage. These questions focus on shared attention, receptive language, and early expressive language skills. (These examples offer some phrases for talking about a picture of a dog; modify according to the book's subject.)

Do you like books?	¿Te gustan los libros?
Look it's a doggy! What does the doggy say? Woof, woof!	¡Mira, es un perrito! ¿Cómo hace el perrito? ¡Guau, guau!
Where is the doggy? Here he is!	¿Dónde está el perrito? ¡Mira, aquí está!
What is he doing? He is playing!	¿Qué está haciendo? ¡Está jugando!
Do you see the doggy here? Can you show me where he is? Yes, there he is! Very good!	¿Ves al perrito aquí? Muéstrame dónde está. ¡Sí, aquí esta! ¡Muy bien!

Reading Together

Modeling Book Reading

Age 3 to 5 years

These questions are increasingly more complex, and focus on language (vocabulary, pronounciation, sentence structure—future tense, past tense, subjunctive, etc.) These examples are based on "Five Little Monkeys Jumping on the Bed."

What is the monkey doing? Where is he going?	¿Qué está haciendo el monito? ¿A dónde va?
Are the monkeys supposed to be jumping on the bed?	¿Está bien que los monitos salten en la cama?
What's going to happen next?	¿Ahora que va a pasar?
What color is the telephone?	¿De qué color es el teléfono?
How many monkeys are on this page?	¿Cuántos monos hay en esta página?
Why is the monkey crying?	¿Por qué está llorando el monito?
How would you feel if...	¿Cómo te sentirías tú si...?

Notes

Reading at Bedtime

Age 6 months to 1 year

Start the habit of reading aloud at bedtime. When children learn a nighttime routine, they go to bed more easily and with less conflict.	Desarrolle el hábito de leer en voz alta antes de dormir. Cuando los niños aprenden una rutina para irse a dormir, se les hace más fácil, y se van a la cama con menos conflicto.

Age 15 months to 2 years

Routines are very important at this age. It is a good idea to read to your children before they go to bed. That way they learn that after reading it's time to sleep and they go to bed more easily. Sometimes, it's easier to find time to read together at night than during the day.	Las rutinas son muy importantes a esta edad. Es bueno leerles a sus niños cuando se acuestan a dormir. Así se acostumbran a que después de leer sea hora de dormir y se duermen más fácilmente. A veces es más fácil encontrar tiempo para leer juntos de noche que durante el día.

Age 3 to 5 years

Reading together at night is a nice way to end the day. It helps kids calm down, with a familiar book and a loving hug. At this age kids may be afraid of the dark or of monsters. Sometimes they may have nightmares. There are many children's books that deal with these topics that can help kids talk about their fears and understand that others feel the same way.	Leer juntos de noche es una linda forma de terminar el día. Ayuda a los niños a relajarse, con un libro familiar y un abrazo cariñoso. A esta edad algunos niños desarrollan miedo a la oscuridad o a los monstruos. A veces pueden tener pesadillas. Hay muchos libros para niños, que tratan estos temas y que pueden ayudarles a discutir sus temores y entender que otros sienten lo mismo.

If parents say the child is too active to read

Age 6 months to 18 months

You don't have to read for very long. You'll see that as she gets older she will pay attention for a longer time.	No se necesita leer por mucho tiempo. Ya va a ver que en cuanto vaya creciendo va a prestar atención por más tiempo.

Age 18 months and up

That's the way kids are at this age. They love to explore! That just shows that he is very curious! It doesn't matter if he doesn't sit still. Read anyway, even if he is not sitting down with you the whole time. You can make animal sounds so that she will imitate you, or show her the different colors or shapes. The important thing is to make it fun.	Así son los niños de esta edad. ¡Les gusta explorar! ¡Eso demuestra que tiene mucha curiosidad! No importa si no se queda quieto. Léale de todas maneras, aunque no este sentado todo el tiempo. Puede imitar los sonidos de los animales para que los copie, o mostrarle diferentes colores y formas. Lo importante es hacerlo divertido.

Notes

If parents say they are too busy to read

Age 6 months to 1 year

Sometimes it's hard to find time to do everything.	A veces es muy difícil encontrar tiempo para todo.
But you don't have to spend too much time.	Pero no se necesita dedicarle mucho tiempo.
You can even read aloud while you are breastfeeding him.	Puede leerle en voz alta cuando le está dando el pecho.

Age 15 months to 2 years

You don't need much time.	No se necesita mucho tiempo.
Just 10 to 15 minutes a day is enough.	Con que lean juntos unos 10 a 15 minutos al día es suficiente.
It doesn't have to be at night. You can look at books at naptime, on the bus or train, when you're doing laundry, or any time you have a few minutes.	No tiene que ser de noche. Pueden mirar libros antes de ponerlo a dormir la siesta, cuando tomen el autobús o el tren, cuando laven la ropa, o cuando tengan unos minutos libres.
You can even read to Juan while you breastfeed his baby sister.	Puede leerle a Juan mientras usted le da el pecho a su hermanita.
You don't have to finish the book. You can begin to read, and if he loses interest, just continue later.	No es necesario terminar un libro. Pueden empezar a leerlo y si su niño pierde interés pueden continuar más tarde.
All it takes is a few minutes each day. Pretty soon your child will be following you around with a book, and reading together will become one of your and your child's favorite things to do!	Sólo toma unos minutos cada día. ¡Pronto su hijo la seguirá por todas partes con sus libros, y leyendo juntos será una de las actividades favoritas para él y para usted también!

Overcoming Barriers

If parents say they are too busy to read

Age 3 to 5 years

You can encourage reading in your everyday activities without taking extra time.	No se necesita tiempo extra para promover la lectura.
You can point to signs on the road, look at recipes together, or have your child "write" his own shopping lists. Some kids even like to read on the potty!	Puede señalarle los letreros en la calle, mirar recetas de cocina juntos, o hacer que su hijo "escriba" su propia lista de compras. ¡A algunos niños les gusta leer mientras van al baño!
Take a favorite book when you go out. You can read it while you wait in line, even while you wait for the doctor in clinic!	Lleve un libro favorito cuando salgan juntos. ¡Lo pueden leer mientras esperan en línea, y hasta en la sala de espera de la clínica!

Notes

If parents say they are too busy to read

All Ages

She is young, but babies are born ready to enjoy books.	Está chiquita pero los bebés nacen listos para disfrutar de los libros.
Look at how well she is sitting, and how interested she is in the pictures!	Mire que bien se sienta, y como se fija en los dibujos.
This is the perfect age to start reading with her.	Esta es la edad perfecta para empezar a leer con ella.
Nobody can give Lola the love that you give her. If you read with her now, she will associate books with love as she gets older.	Nadie le puede dar a Lola tanto cariño como usted. Si usted le lee ahora, cuando Sara sea grande va a ver a los libros con cariño.
That's a great way to help her love reading and learning when she gets older and is in school.	¡Así empieza el amor por la lectura! Y ese amor le ayudará cuando sea.

Notes

Books in English and/or Spanish

Should the book be Spanish, English, or Bilingual?

You want to help parents communicate with their infants and children in the best and richest way they can.

The language of the book you give to the child should depend on the family's preference. Some parents prefer bilingual books because it helps them to learn English. Some Latino families will prefer books in Spanish and some will prefer English, if that is the language spoken in the home. For example: "We have books in Spanish, others in English, and some are bilingual books. Which do you prefer? Choose a book in the language in which you are most comfortable."

Latino families are a culturally diverse group and you might want to give the child a book that reflects his/her heritage, whether in terms of culture or in terms of geography. Children like to see themselves and their families reflected in books (e.g. "Isla" is a book about a girl who visits an island with her grandmother.) Particularly for parents who struggle with reading, this encourages them to expand on the pictures: "this reminds me of when I was little..."

Sometimes, no matter how hard your Reach Out and Read Program tries, you may not have the perfect book to offer—the right language, the right culture—and you may need to offer some guidance to parents about how to enjoy the book you do have.

Bilingualism should not be a reason for language delay. When assessing a child's language and communication skills add the milestones of the child in both languages. If there is any doubt about the language and communication development in a bilingual child, do not hesitate to request further input including assessments through Early Intervention, Speech and Communication Pathology, and/or Developmental-Behavioral Pediatrics.

Should the book be Spanish, English, or Bilingual?

All Ages

Don't worry if you can't read this book because the words are in English. You can point out the pictures and ask him questions. You can even make up your own story.	No se preocupe si usted no puede leer este libro en inglés. De todas maneras puede mostrarle los dibujos y platicar sobre lo que ven. Hasta puede inventar su propia historia.
Remember that at the library you can find books in Spanish.	Recuerde que en la biblioteca puede encontrar libros en español.
Speak with Carlos in the language that is easiest for you.	Hable con Carlos en el idioma que le sea más cómodo a usted.
The most important thing is that he learns that reading with mom/dad is fun.	Lo más importante es que él aprenda que es muy divertido leer con su mamá/papá.
The more Spanish he hears the better he will learn to speak it.	Cuanto más español escuche, mejor va a aprender a hablarlo.
How lucky that you can read to him in Spanish! Growing up bilingual will help him a lot in the future. We need more people who can speak English and Spanish.	¡Que suerte que usted le puede leer en español! Si crece bilingüe, eso le ayudará mucho en su futuro. Necesitamos más gente que pueda hablar en inglés y en español.

Notes

LANGUAGE DEVELOPEMENT
Books in English and/or Spanish

Encouraging Language Development

Age 6 months to 1 year

Talk with him all the time. Although he doesn't talk yet, he is learning language.	Hable con él constantemente. Aunque todavía no hable, está aprendiendo el idioma.
Talk constantly; that's the way kids learn to speak.	Platique con ella todo el tiempo, así es como aprenden a hablar.
Tell him stories from your country or your childhood.	Cuéntele cuentos de su país o de su juventud.
Singing to him is also a wonderful thing to do. He will love music!	También es muy bueno que le canten. ¡Le encantará la música!

Age 15 months to 2 years

The more you talk with Pablo and read books to him, the better prepared for school he will be.	Cuanto más hable con Pablo y más le lea sus libros, más lista va a estar para la escuela.
You are Nora's first teacher. The more you talk with her and read to her, the more she will learn.	Usted es la primera maestra de Nora. Cuanto más hable con ella y más le lea, más va a aprender.
If you read a lot to her now, by the time she gets to school she will be an expert with books!	Si leen mucho con ella ahora, cuando llegue a la escuela será toda una experta con los libros.
At this age, children still don't have much vocabulary and therefore they get frustrated when they can't express themselves. Be patient and help your child learn words that express what he is feeling.	A esta edad, los niños todavía no tienen mucho vocabulario y por eso se frustran cuando no pueden expresar lo que quieren. Sea paciente y ayude a su hijo a aprender las palabras que expresan lo que está sintiendo.
You can help your child learn to speak more when you describe things that you see in books or your surroundings.	Describiendo lo que ven en los libros o a su alrededor, usted puede ayudar a su niña a aprender a hablar mejor.

MORE...

Encouraging Language Development

Age 15 months to 2 years, continued

Although sometimes you won't understand what Carla is trying to say, act like you know what she is saying. For example, if she is pointing to something in the book and saying things you can't understand, you can say, "Wow! I see that you like this book and that you have a lot to say!"	Aunque a veces no entienda lo que Carla trata de decirle, anímela a que siga platicando. Por ejemplo, si está señalando algo en el libro y hablando de forma que no se entiende, usted puede decirle: "¡Veo que te gusta ese libro y que tienes muchas cosas que decir!"
How many words can he say? Does he understand what you say to him? How does he communicate with you? Does he point at things with his finger? Does he pay attention when you point something out?	¿Cuántas palabras dice? ¿Ya entiende lo que le dicen? ¿Cómo se comunica con usted? ¿Le señala las cosas con el dedo? ¿Presta atención cuando usted le señala algo?

Age 3 to 5 years

The more you talk with Mark and read to him, the more he will be ready for school.	Cuanto más hable con Mark, y más le lea sus libros, más listo va a estar para la escuela.
The more you speak to her and the more you read to her, the more she will learn. If you read a lot to her now, by the time she gets to school she will be an expert with books!	Cuanto más hable con ella y más le lea, más aprenderá. Si lee mucho con ella ahora, cuando llegue a la escuela será toda una experta con los libros.
Give her the opportunity to use language that she is learning. When you are reading, stop in the middle of the story and ask her what she thinks is going to happen next.	Déle a su hijo la oportunidad de usar el lenguaje que está aprendiendo. Cuando estén leyendo, pare a mitad del cuento y pregúntele qué cree que va a pasar.
Or simply ask your child to tell a story. This experience can be very fun since children have a lot of imagination. It's also good to give her the opportunity to develop her imagination even more.	O simplemente, pídale a su hijo que le cuente un cuento. Esta experiencia puede ser muy divertida ya que los niños tienen mucha imaginación. De este modo le dará la oportunidad de desarrollar su imaginación aún más.

Acknowledging Latino Heritage

It may be helpful, if applicable, to acknowledge that extended family members—siblings, grandparents—may be caring for the child.

All Ages

It doesn't always have to be the parent who reads aloud to your child. Older siblings, grandparents, and other family members can read to him.	No siempre tienen que ser los padres los que le lean a su hijo. También los hermanos, los abuelos y otros parientes le pueden leer.
That's great that her brothers read to her. But it is very important that you also read with her.	Está muy bien que sus hermanos lean con ella. Pero es muy importante que usted también le lea.

Notes

Familismo, Respeto, Cariño

The following suggestions are based on available research about Latino familiesas well as medical providers' experience working with Latino families. However, as with any cultural group, it is important to avoid generalizations and stereotypes. Latinos are a very diverse group, by language, country of origin, socio-economic status, education, and level of acculturation. It is important to ask about each family's background and beliefs, and to address each family's individual needs and preferences.

Age 6 months to 1 year

Latinos (as in other cultures) tend to respond to personal advice ("Consejos"). Avoid statistics/percentages. Latino families tend to look at the provider as an authoritative figure. When providers take the time to focus on literacy, it can have a very powerful impact.

My children also got these vaccines, or many moms tell me that _____ helped their children.	Mis hijos también tuvieron estas vacunas, o muchas mamás me cuentan que esto les ayudo a sus hijos con...

Notes

Age 15 months to 2 years

Many Latino parents when asked about reading with their children will tell you that their siblings read to them This is an example of *familismo* (but it could also be a sign that parents don't feel comfortable reading. Therefore, they have the older children reading to the younger ones). *Cariño*, the expectation of an affectionate and loving relationship, is a very important part of the mother's role in Latino culture. Tying *cariño* with reading is an effective way to promote literacy in this population. Latino parents, like parents in other cultures are very committed to their children's success in school. Therefore tying reading with school success is another effective technique.

That is wonderful that Sara's brother reads with her. But it is also very important that YOU read with her.	Está muy bien que sus hermanos lean con ella. Pero es importante que usted le lea también.
If you don't feel comfortable reading just talk about the pictures. That's another way to share books with Sara.	Si no se siente cómoda leyendo, hable acerca de los dibujos. Esa es otra forma de compartir los libros.
Read with her as much as you can. Nobody can give Sara the *cariño* (love) that you give her!	Léale lo más posible. Nadie le puede dar a Sara tanto cariño como le da usted.
If you read with her now, when she gets older she will remember books with affection. That's how the love of reading and learning begins!	Si usted le lee ahora, cuando Sara sea grande va a ver a los libros con cariño. ¡Así empieza el amor por la lectura y el cariño por el aprendizaje!
She will grow up loving books and this will help her succeed when she gets to school.	Este amor por los libros le ayudará a tener más éxito cuando llegue a la escuela.

Age 3 to 5 years

At this age (and perhaps younger in some areas), it is important to start discussing preschool/head start/pre-k/kindergarten enrollment. Many immigrant families are not aware that there are programs for children before kindergarten, especially for children with any developmental delays.

Is Sara in school yet? If not, are you thinking about sending her to school? It's important that she start learning how to interact with other children her age, and start feeling comfortable being away from you for a few hours so she is ready when she gets to kindergarten.	¿Ya va Sara a la escuela? Si no, ¿están pensando mandarla a la escuela ya pronto? Es importante que ella empiece a aprender a interaccionar con otros niños y a separarse de usted por algunas horas para que este lista cuando llegue al kindergarten.

Assessing Parents Reading Level

We don't always know which parents have difficulty reading, and it's important not to make assumptions.

I know many parents that have difficulty reading some of the information that we give out. Have you ever had difficulty reading? Would you be interested in a program to help you read better? (If you ask this make sure that you have a referral source available.)	A muchos padres se les hace difícil leer la información que les damos. ¿Alguna vez ha tenido usted dificultad para leer? ¿Estaría interesado en un programa para ayudarle a leer mejor?

Encouraging Low-Literacy Adults

We need to find ways to encourage all parents to enjoy books with their children.

You don't have to read all the words on the page. Just talk about the pictures. Make up your own story. Make it fun so that David learns that books are fun!	No tiene que leer todas las palabras en cada página. Simplemente muéstrele los dibujos. Invente su propia historia. ¡Hágalo divertido para que David aprenda que los libros son divertidos!

Counseling Parents Who Worry that the Child Needs to Learn English

Don't worry. You can speak in Spanish. You'll see... his English will be better than my Spanish.	No se preocupe. Háblele en español. Ya va a ver... su inglés va a ser mejor que mi español.

Referring Parents to the Library

Many immigrants often have little experience with libraries in their own countries. It is important to let parents know about the resources available to them at the library.

Have you ever been with your child to the library? Do you know if there is a library near where you live? Many libraries have special programs for children and families. You can borrow lots of books!	¿Alguna vez ha llevado a su niño a la biblioteca? ¿Sabe si hay alguna biblioteca cerca de donde viven? Muchas bibliotecas tienen programas especiales para niños y familias. Pueden sacar muchos libros prestados.

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