

Read, Talk, Sing

We all know reading to our children is a good thing, but studies show it's even better than "good" – especially in the first five years of a child's life.

Reading, talking and singing promote young brain development. Reading, talking and singing to young children are easy, wonderful ways to promote young brain development. The more words children frequently hear in their early years, the more positive the impact on their readiness for school and reading.



Receive a new children's book at well-child visits through the Reach Out and Read program!

To encourage parents to nurture this early brain development, primary care clinics at Park Nicollet and Health Partners participate in the national [Reach Out and Read program](#). Each time a family comes in for a well-child visit between six months and five years, they talk with their care teams about the importance of reading AND go home with a new children's book. Click [here](#) to learn more about how to connect with your kids and how to boost their brain power.