

Little Books get rave reviews!

Read how programs across the country use Little Books for reading promotion, parenting education, family engagement and nutrition education.



WIC agencies offer some great ideas

“Given out as educational nutritional material to children and their parents.”

Usage tip: “Make sure they are age appropriate.”

- North Carolina

“We give out the books to encourage parents to read to their kids about healthy food choices and brushing their teeth. **The books we give go along with nutrition education at each appointment.**”

- Ohio

“We purchased the books *Let’s all go to the Farmer’s Market*. We gave them out to WIC participants this summer as a way to help **promote our local Farmer’s Market** and to encourage participants to use the WIC Farmer’s Market vouchers that they were given.”

Usage tip: “The books were a good size for our preschool age WIC participants. The children enjoyed the colors and the pictures while the families enjoyed having a new book to read to the children.”

- Kentucky

“We have included little books in gift bags for the children enrolled in the WIC program during our promotion of National Nutrition Month. We also used the books to make an A to Z fruits & vegetables bulletin board. We especially liked that the books were also available in Spanish. We have also used them during **individual counseling with families** and paired it with “I Tried It” stickers to encourage increasing the variety of fruits and vegetables in the families’ diets. We have also included the little books in our big brother/big sister gift baskets that were given as door prizes at our World Breastfeeding Week events. In the future we hope to use *Let’s all go to the Farmer’s Market* book at our booth at the local farmer’s market. We have gift bags for the children and there is a children’s story time when we could read the book.”

Usage tip: “They are a great value, durable and well received by the families we serve.”

- Tennessee

“These were especially used during National Breastfeeding Month (August), but other times as well, to **engage children with the breastfeeding experience of baby** in the family. Also, we have used them for incentives in gift baskets and at outreach tables, i.e. milk drive, etc.”

Usage tip: “Include open-ended questions or other talking points on some or all pages for the reader to ask the child, for example, in the *Choose MyPlate* book, page 4, ‘What fruits do you like to eat?’, page 5, ‘What orange (or red or green) vegetable do you like to eat?’ or ‘What colors are your favorite vegetables?’”

- California

“WIC staff gave the Little Books to our WIC participants when they came in for secondary education, **certification appointments** or when they came in to pick up their farmer’s market booklets. Families were encouraged to read the books to their children.”

- Illinois

“The books were included in the child development/**nutrition education** part of our program. We gifted them to all of our 1 and 2-year-old certification sessions. Other nutrition and safety/development information was offered at that time as well.”

Usage tip: “I liked being the one to offer the books because that helped to ease the pain of the finger stick I just did to get the hemoglobin level. :)”

It is also helpful to see how the child manipulates the book. I can assess the fine motor control and determine if it is appropriate for age. This is also a great time to remind parents how important their presence is to the little ones and reading to them is a great time for connection.”

- Illinois

“Used for incentives for clients to keep appointments. Also used to entertain children who are fussy. Nutritionists use as education tool for low-functioning parents on occasion.”

Usage tip: “**Very cost effective way to provide incentives to clients**, and reading is so important for children. Providing these books helps parents understand that importance.”

- Michigan

“Little books are given to families that attend pregnancy and parenting group sessions, during doctor visits and given while children are sitting with parents in wait areas for their appointments. **For families attending pregnancy and parenting group sessions, concepts from the little books are shared:** choosing healthy foods, healthy habits, staying active, being safe, understanding routines, emotions and family relationships, along with academic school readiness of alphabets, school is fun, learning shapes and opposites. Parents are encouraged to read these books, as English is their second language. It promotes self-confidence for the parents to read to their children. Doctors are able to spend a few minutes engaging with families and discussing the same topics with families they serve. These little books are wonderful for redirection, when children are restless in the waiting areas.”

Usage tip: “What we do with the little books is effective and we love the price and simple content. Also love the idea of multicultural families being shared.”

- Hawaii

“We keep them at our WIC office. We hand them out at recent appointments to **promote literacy, family engagement, and even nutrition education**. We order titles that are appropriate for our clients. We also ordered the farmer’s market ones to promote our farmer’s market coupon distribution for the summer. We have used the BF Moms one for our BF Moms to read to older siblings. Lastly, we have used them as giveaways at our community outreach events.”

Usage tip: “They are practical and economical!” - Ohio

“After each Ages & Stages questionnaire is returned, a book is mailed back to the family.” *-Anonymous*



Talk directly with colleagues about their little book programs.

Call 1-800-795-9295 or write to jodi@noodlesoup.com for customer references.

Home visitors make some creative suggestions

“They were given out as incentives for our home visiting program and to promote early literacy.”

Usage tip: “I introduced them along with certain lessons from our Family Spirit curriculum. I completed the lesson and discussed how reading to your child early helps promote communication and brain development. They were also given to the parent when a child scored in monitoring or referral range under communication or personal social category on the ASQ.” -Wisconsin

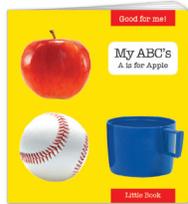
“While completing Ages and Stages 3 with clients **we encourage family engagement through reading.**”

Usage tip: “Be sure they are age appropriate. Explain to the parent the best times to read and its benefits.” -Florida

“We pass them out at community events that are related to the book topic.

When our home visitors interact with clients, the books are handed out to those dealing with or interested in those specific topics.”

Usage tip: “Just make sure they are used and not forgotten about... they aren’t helpful if they aren’t in the hands of our families.”



-Illinois

“For exposure to early words, familiar concepts of daily routines, family.” *- Michigan*

“We put Little Books in the Baby Backpacks we gift families for completing developmental screenings for their babies (ages 3 and under).”

Usage tip: “Affordable and practical!” - Alaska

“The Little Books on *Routines* fit in our Family Spirit Curriculum Lessons, reinforcing the importance of routines. ABC books always wonderful, bilingual.

We talk about about feelings and connect with behavioral health.” *- California*

“We use the little books in conjunction with our Parents as Teachers visits. We take them for specific topics and include in book sharing.” *- Missouri*

“I use these wonderful little books in my home visit bags, to give as ‘thank you’s’ for attending class and/or for siblings that come in with parents for appointments.”

Usage tip: “They are great for engaging young children in nutrition & healthy choices conversation.” - Idaho

“Sent out to celebrate breastfeeding milestones at 3, 6 or 12 months in conjunction with a survey collecting feeding outcomes. **Given out at community events.**” *-Hawaii*

“The Little Books we purchased last year were primarily used as parenting resources and distributed to participating families.”

Usage tip: “Families really like the Little Books because they are small and easy to read.” - Michigan

“HANDS provides families with books to enhance a child’s learning as well as **a way for parents to bond and teach their children**. Learning words from a young age builds their vocabulary and helps better prepare them for kindergarten and the rest of their life. Reading promotes family interaction as well as bonding and attachment. HANDS visits with families weekly in their homes and we like to provide them with different material to enhance a child’s knowledge and success. We provide both English and Spanish books for our families. We also use the Growing Great Families Curriculum with our families.”

Usage tip: “Provide these books at a very young age. It has been shown that children that are read to have a much larger vocabulary that those who were not read to as newborns, infants and children.” - Kentucky

“We gave these away as part of a reading grant to families that couldn’t afford books in their homes.”

Usage tip: “Teach parents. It may seem basic but some don’t know how to read to their children.” - Minnesota

“We add the books to our Intake Packet. We use the books for Child Find Events. We supply our pediatricians.”

- Ohio

“We hand out these books to our families to encourage reading and also use as part of our curriculum.” *- Iowa*

“We use this for all the items mentioned above (nutrition education, parenting education, family engagement, reading promotion, incentive for attending trainings, meetings). It is a great way for the children to bond with the parents as well.”

Usage tip: “There is a book for all aspects of what you are trying to teach.”
- South Carolina

“Books are taken to home visits to engage mom to read to her children for early literacy skills and to encourage parent-child interaction. Books are also handed out at groups as **incentives for attendance.**”

Usage tip: “Guide the parents when using the books. The home visitor may need to role model the desired behavior from the parent when reading to the child.”
- Illinois

“We distribute the *Mommy and Me* and *Daddy and Me* books the first day when we meet the family to do an intake. The other books are distributed on children’s birthdays, as a gift to accompany an ASQ and at groups. The nutrition books are used as curriculum during individual visits with specific families who identify that as a goal.”
- Massachusetts

“We use the little books with our PAT foundations. **They tend to match up with the topics being discussed** and it allows Home Visitors to go deeper into the conversation and provides great information for the family to use over and over.”
- Illinois

Books are brought into the homes parents who are enrolled in the Parents as Teachers program to promote the importance of reading together and **ensure that families and children have access to books in the home.**

Usage tip: “The books are great, brightly colored, and have very useful information. We always leave the books with the family as an incentive.”
- Michigan

“Our participants are given a book a month for keeping their home visits and to encourage language development by reading to their children. The little books are **an excellent, colorful way to hit home an idea** that we wish to send to families.”

Usage tip: “Language development is always touched upon by the family support workers when working with families.”
- Illinois

Head Start and Early Head Start are a natural fit for little books

“For nutrition education when doing a nutrition screen. Parenting education with single mom and dad.”
- Michigan

“These little books were given to families when specific topics were discussed. **They were used as handouts or supplemental information.**”

Usage tip: “Use as additional information when you cover a topic. Have a discussion with families and use these as teaching books for the children.”
- Oregon

“We give them out to families at the initial home visit. We focus on *Healthy Habits, Fruits and Vegetables*, and *Routines* – **these are our biggest areas that families need support.**”

Usage tip: “We give out one book per home visit. We have questions on nutrition, habits, and routines. We give the book out based on the responses to these questions. Everyone gets one book. The second year they can get another.”
- Colorado

“We gave them to all parents on the first contact with staff to promote literacy and to partner with them to provide literacy experiences at home. We use them to generate in-kind dollars, and to promote a home and school connection regarding child’s learning.”

Usage tip: “They are great teaching tools for the 0-3 age group, **especially valuable for home visiting programs.**”
-Michigan

“We created an event focusing on father figures and providing fathers with community resources, parenting help, and tips. We distributed the books to participating parents.”

Usage tip: “Use the little books as a source of orientation for expectant parents, also they are great as gifts to events focusing on parenting.”
-Connecticut

“To encourage reading early and reading often! We have a county-wide initiative to promote the importance of reading everyday, everywhere, everything. **These little books are affordable and easy to read with lessons for parents and adults.** From teaching routines, safety, colors, about mom, about dad, nutrition...you name it little books are wonderful! We give a book at every home visit - and we visit 143 children/families 46 times a year!!”

Usage tip: “These books are sturdy and do not take much room in diaper bags - we empower parents to always have a book with them to support their children when they have to wait...at the doctors, WIC office, in a parking lot. At home when they are in the high chair, on your lap, in the bath, at bedtime...everywhere, all the time, use a book to distract and engage their child in reading and learning. Reading 20 minutes a day can make the difference of your child being more prepared to learn when they go to school.

Keep up the great work! Love the diversity, love the real pictures and the fun drawings too. Love the important lessons the different titles teach!”
- Michigan

“I use the books to match socialization topics, and distribute them to the families. Some I use for birthdays (*I am one; I am two...*).”
- Anonymous

“They are used in the classrooms by teachers and the children.”
- Colorado

Versatile for a wide range of programs

"We use the little books in our lessons as a teaching tool for Prek-1st grade students **when teaching about various nutrition topics**; such as MyPlate, eating a rainbow of fruits and vegetables, eating fresh fruits and vegetables (going to market) and including a variety of foods in your meals. We use them with various preschools, Head Start, and elementary schools we take our SNAP-Ed Program into. We used the books as a supplement to the MyPlate.gov website, Balance My Day curriculum, Color Me Healthy curriculum and the Eat, Play, Grow curriculum."

Usage tip: "They are good discussion starters on the topics."
- SNAP-Ed, Ohio

"We host trainings for childcare providers on how to support breastfeeding employees and staff. We discuss the ten strategies to increase support efforts and one of those strategies is to include breastfeeding books, resources, and materials. These books allow us to provide an example of what a book might look like and give them away to attendees to bring back to their childcare sites."

Usage tip: "Encourage the use of the books, emphasize that they're educational and are **instrumental in creating a norm around breastfeeding**."
- Breastfeeding promotion grantee, North Dakota

"We are using the books to encourage bonding and looking at milestone moments in children's lives."

Usage tip: "I attach engagement activities and packets of resources."
- 1st Five, Iowa

"At well-child visits (ages birth-5 years) in our 50 area clinics, health-care providers give parents early literacy advice, and give children a new, developmentally appropriate book to take home. **The book is often used as a tool in the developmental assessment of the child** (i.e. do the child's eyes move with the book when it is moved by the provider, does the child know how to turn the pages, can the child identify colors, etc.) Instruction about the book's content is not usually given. Families are encouraged to share books at home."

Usage tip: "Their size and durability make them great for "little" hands. Sure appreciate the price point as well."
- Reach out and Read

"Read along activities."

Usage tip: "**Use the book in interactive activities**, so that they can learn to use/read it at home."
- SNAP-Ed, Nevada

"Placed in waiting areas and exam rooms for our pediatric patients."

Usage tip: "Have parents read with their children!"
- Medical office, Wisconsin

"Trying to connect with the younger clients/families to help make "healthy" meal time a more common practice."

- SNAP-Ed, Washington

"We distribute them to parents and children at our Early Learning Centers. We also have them available for the children to read while at these programs."

The CACFP program gives them to daycares that attend annual trainings for nutrition education. They are also passed out at local health fairs."

Usage tip: "**Our programs love that they are geared towards health** and able to use them as Keystone STARS resources. Families enjoy getting books for their children. We have started a program with all of the CACFP daycare homes and centers to have children make posters about the topics of the books."
- CACFP, Pennsylvania

"Trying to connect with the younger clients/families to help make "healthy" meal time a more common practice."
- SNAP-Ed, Washington

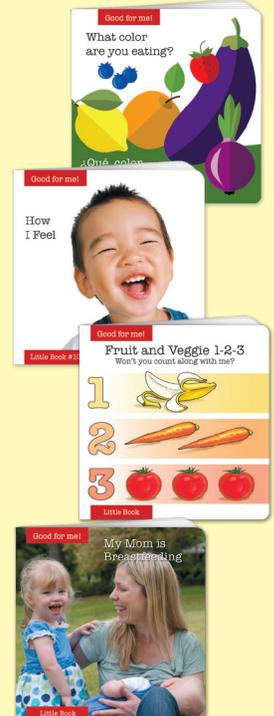
"Given as gift to encourage parents to bond, interact, read aloud to their infants and toddlers. Given after parents attend our class on Reading Matters. Importance of Reading card given also. Package of 13 pages of information related to reading to babies and toddlers given. Done in conjunction with Heritage House's Earn While You Learn, Ready to Learn Curriculum and DVD "Ready to Learn" from the I Am Your Child Video Series 2012 Parent's Action for Children."

Usage tip: "Great for Bedtime routines!"
- Pregnancy services, Texas

These are actual comments from Little Book buyers, they have been edited only for punctuation and clarity.

Little Book Titles

Choose MyPlate
Colors
Counting
Daddy and Me
Eating Healthy Every Day
Farm to School, and Gardening Too!
Fruit and Veggie ABC's
Fruit and Veggie 1-2-3
Healthy Habits Every Day
How I Feel
I Am One and Having Fun!
I Am Two. Here's What I Do.
I Love Fruits and Veggies!
It's Bedtime
Let's All Go to the Farmer's Market!
Me and Our New Baby
Mommy and Me
My ABC's
My Community
My Mom is Breastfeeding
Opposites
Our Family's Rules
Play Every Day!
Safety Around the Home
School is Fun!
Shapes
Skills For Preschool
Staying Active Every Day!
The Importance of Routines
What Color are You Eating?



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