

# Learn how you can tame your restless reader

Does your preschooler start fidgeting the minute you snuggle up with a book together? She could be a restless reader. But that doesn't mean she won't grow to adore books.

To nurture your squirmy preschooler's love of reading:

- **Don't force her to sit too long.** If she can't handle 20 minutes of stories, accept it. Follow her cues and stop when she's had enough. Make the most of the time when she is engaged in the story.
  - **Find books that interest her.** What's your child's passion? Look for stories about it.
  - **Try kid-friendly nonfiction.** She may enjoy "real" stories more than made-up ones. Read with lots of expression and point out pictures.
- **Don't worry about finishing every book.** It's okay to stop mid-story if she can't sit still. You can always come back to it later.



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