

# 20,000 HOURS



**Did you know?** From birth to 4 years of age, a child needs 20,000 hours of listening to build the foundation to be able to read.

Your child will need to listen an average of 14 hours per day to reach the 20,000 hours goal by pre-kindergarten.

## What can I do?

- Make sure hearing technology is on during all waking hours- "*Eyes open, ears on!*"
- Engage your child by reading books together at least 30 minutes per day.
- Use more EXTRA talk in place of BUSINESS talk

### EXTRA TALK

*"Look at the fire truck!" "What a big dog!" "Ice cream is so yummy!"*

### BUSINESS TALK

*"Stop that!" "Get down!" "Brush your teeth!" "Finish your dinner!"*

## Next Steps

- Take reading breaks throughout the day to read with your child.
- Talk about what your child is doing when they are playing and taking part in daily routines.

