

1000 HOURS OF LAP-TIME TO BE READY TO LEARN TO READ

It takes 1000 hours of “lap-time” for young children to have the readiness skills in place to learn to read.

--National Institute for Children’s Health and Development

If we begin **at birth**, children who receive one-half hour a day of lap-time will have the developmental skills they need to read when they come to kindergarten.

If we wait until they are **two to three years old**, it will take an hour a day of lap-time to prepare children with the readiness skills they need to read.

“Lap-time” means one-on-one interaction between a parent or caregiver and a child where meaningful language interactions take place. Types of lap-time activities include: talking, singing, rhyming, chanting, and, of course, reading.

If we wait until they are **four years old**, it will take two hours a day of lap-time to prepare children with the readiness skills they need to read.

If we wait until children are **five years old** and entering kindergarten, it will take three hours a day of lap-time to catch these children up with their peers in order to be ready to read.

Find joy in every journey