

# THE 2-4-2 BOOK PROJECT

- ~ Give one copy of the book to the caregiver; the other copy to the parent.
- ~ Determine a convenient time of day the parent can routinely call the caregiver in order to read the book to the child over the phone. The caregiver will turn the pages while the parent reads the book over the speaker phone.
- ~ It is best to call at the same time everyday so the child can expect the call as part of the routine. This predictability supports healthy attachment, trust, and brain development.
- ~ Go beyond the text of the book as developmentally appropriate, e.g., ask the child to point to Big Bird's feet. The caregiver confirms or assists the child and gives feedback to the parent.
- ~ Encourage parents to enhance the relationship-building opportunity by giving the caretaker a shirt or blanket with his/her scent on it to hold or wrap around the child while reading. For older children, a special toy or other item that connects the child and parent may be used.
- ~ Older children and parents can alternate reading pages or paragraphs to each other.

To learn more about this project or to schedule free training

Please Contact

Judge Constance Cohen – Retired

[Constance.Cohen@icloud.com](mailto:Constance.Cohen@icloud.com)