



## ABOUT REACH OUT & READ ✓

Reach Out & Read (ROR) is a simple, evidence-based program where pediatricians enter the exam room with a children's book in hand at each newborn to 5-year-old well child visit, taking the opportunity to discuss with caregivers the importance of reading aloud.

**The program has been shown to increase the amount of time families spend reading to children, improve child's language abilities, and improve clinic culture and clinician well-being.**

It is also the only American Academy of Pediatrics endorsed literacy model.



At routine health check ups from infancy through 5 years, Reach Out and Read-trained doctors and nurse practitioners:

- **talk with parents** about the benefits of reading aloud and engaging with their young children
- **show them** how to look at books and talk about the stories with their infants, toddlers, and preschoolers



- **encourage them** to cuddle up, read together at home, and build routines around books
- and **give the child a new book** to take home and keep

During the exam, providers also use the book for **developmental surveillance**, observing how the child and caregiver interact with the book and each other

**Reach Out & Read Illinois is currently being implemented in 170+ clinics throughout Illinois, reaching over 100,000 children.**

The model was first developed in Boston City Hospital in 1989, when pediatricians and early childhood educators came together to improve outcomes for young children and their families. Illinois was an early adopter of the program and in 1997, starting implementing it in Illinois clinics. **Since 1997, the program has grown to be implemented in multiple clinics across Illinois, serving thousands of children and families.** In Illinois, ROR is a program of the Illinois Chapter of the American Academy of Pediatrics (ICAAP).





## EVIDENCE

- Families that participate in the program, report that they are more likely to read to their children and more likely to report enjoying reading together.
- Children's language ability improves with increased exposure to ROR: children's language development is improved by 3-6 months, while building an at-home library.
- Reach Out and Read program has had a profound impact on clinic culture. Many providers report that it is their favorite part of their day.



## CONTACT US

Veena Villivalam, Senior Program Manager  
villivalam@illinoisap.com

Olivia Heinzerth, Program Manager  
oheinzerth@illinoisap.com

[reachoutandreadil.org](http://reachoutandreadil.org)

## ROR IN ACTION



Reach Out & Read at the  
Newborn Visit

Reach Out & Read at the  
6-Month Visit



Reach Out & Read at the  
12-Month Visit

