

MARCH 2023

REACH OUT AND READ AT CHICAGO PUBLIC LIBRARY! TOOLKIT

MADE IN PARTNERSHIP WITH
THE CHICAGO PUBLIC LIBRARY

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ILLINOIS

Illinois Chapter

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

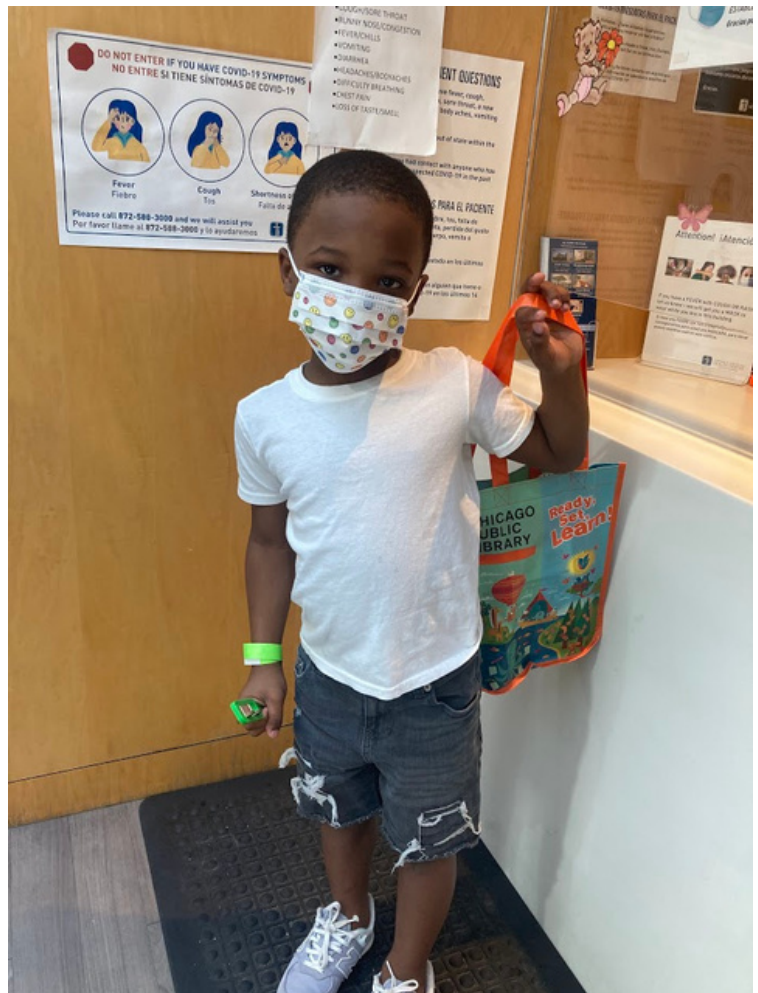


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Overview

Background

In 2022, Reach Out and Read Illinois and the Chicago Public Library partnered up to develop the Reach Out and Read at the Chicago Public Library! (ROR@CPL!) pilot project. The Chicago Public Library (CPL) has a wealth of resources for families that often go underutilized, particularly by those that could most benefit from them. Barriers to library use include lack of transportation, lack of access, lack of information, mistrust, concerns about documentation status, and the belief that the library is not for children. Pediatricians are in a unique position to promote library use and decrease barriers because they have early and repeated interactions with families, starting at birth, and the opportunity to develop a relationship of trust. The overarching goal of this program was to increase families' awareness and utilization of library programming by creating personal connections between local librarians and ROR-IL coordinators and providers throughout the city of Chicago.

Pilot Locations

The pilot project took place in the following locations:

- Bezazian Branch & Lurie Children's Hospital of Chicago – Uptown
- Altgeld Branch & TCA Health, Inc. NFP / (Altgeld Health Center) v
- Chicago Lawn & Vida Pediatrics
- Douglass and Toman Branches & Lawndale Christian Health Center - Homan Square
- Little Italy Branch & University of Illinois at Chicago / Department of Pediatrics

Outreach at the Clinics

Children's librarians and doctors from each pilot site connected to determine their community's needs and establish what they each had to offer. Examples of the type of partnerships formed at the sites: the librarian comes to clinic to read, signs are placed in the waiting rooms about library programs, someone from the clinic gives a talk at the library, library card applications in clinic, etc.

ROR@CPL also developed co-branded materials for medical providers at the pilot sites to share with their patients, with activities that families can do at home to encourage talking, reading, singing and playing together, as well as to promote infant mental health.

Grab and Go Kits

Grab and Go kits were created by CPL staff for clinics to provide to children at their well visits. They included supplies, instructions, and information about connecting to the local library. The following pages explore some examples of Grab and Go kits that were created as part of this pilot.

- Sock Doc
- Understanding Germs
- Dem Bones
- Jabari Jumps
- Growing Vegetable Soup
- Emotions in Motion Cards



Grab and Go Example: Sock Docs

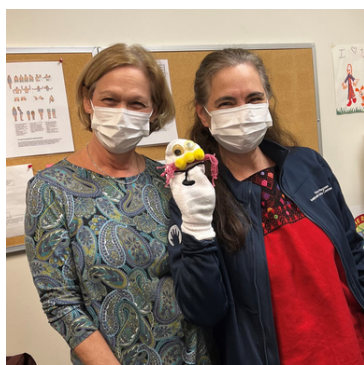
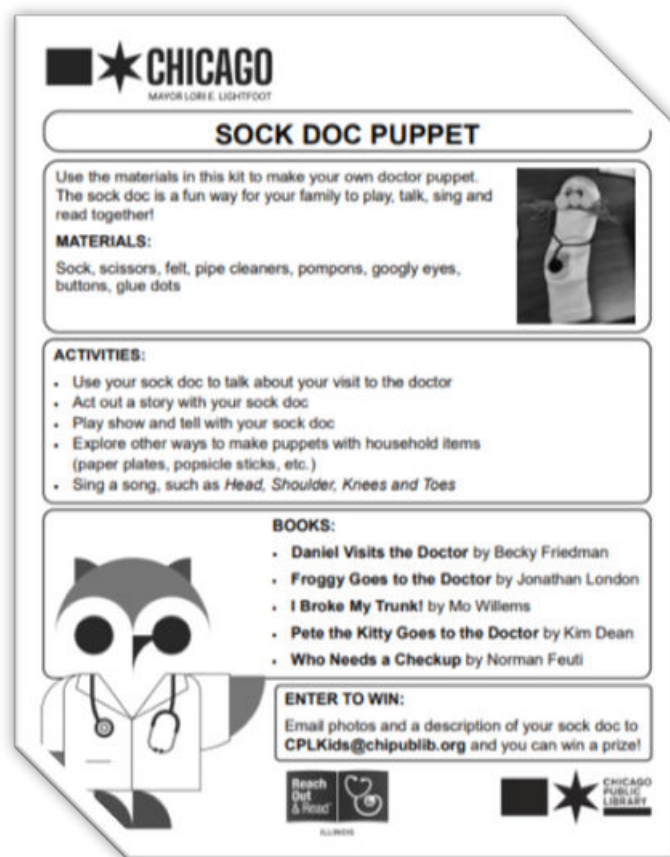
Materials: Sock, scissors, felt, pipe cleaners, pompons, googly eyes, buttons, glue dots

What to do:

- Use the sock doc to talk about doctor visits
- Act out a story with the sock doc
- Play show and tell with the sock doc
- Explore other ways to make puppets with household items (paper plates, popsicle sticks, etc.)

Books:

- *Daniel Visits the Doctor* by Becky Friedman
- *Froggy Goes to the Doctor* by Jonathan London
- *I Broke My Trunk!* By Mo Willems
- *Pete the Kitty Goes to the Doctor* by Kim Dean
- *Who Needs a Checkup* by Norman Feuti



Grab and Go Example: Understanding Germs

Materials:

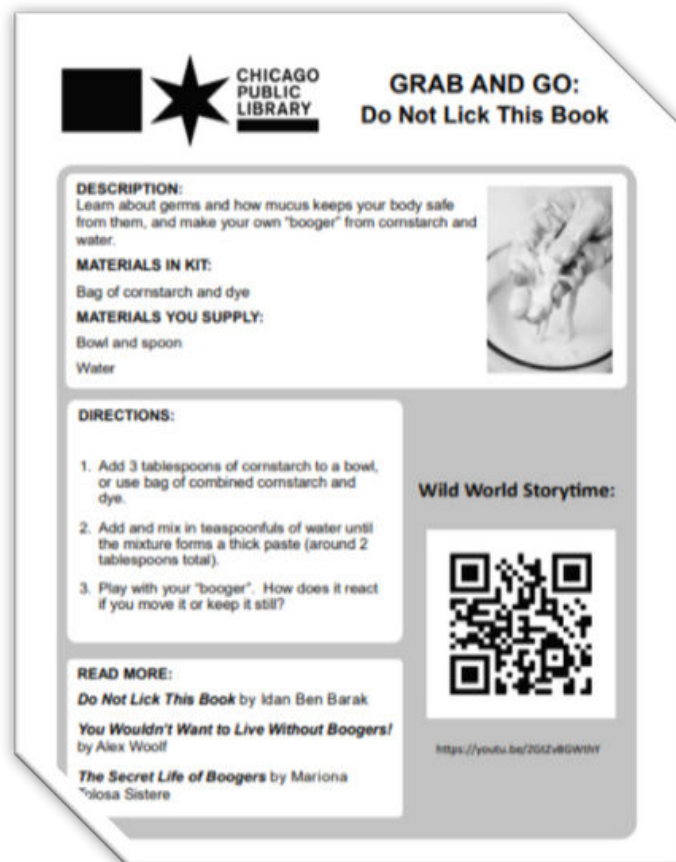
- 1 cup cornstarch
- 2 drops green food coloring
- ½ cup water
-

What to do:

Combine the materials to make artificial boogers (“oobleck”) and read the book *Germs Make me Sick!* to understand the spread of germs and how to minimize it!

Book:

- *Germs Make Me Sick!* By Melvin Berger
- *Do Not Lick this Book!* By Idan Ben Barak



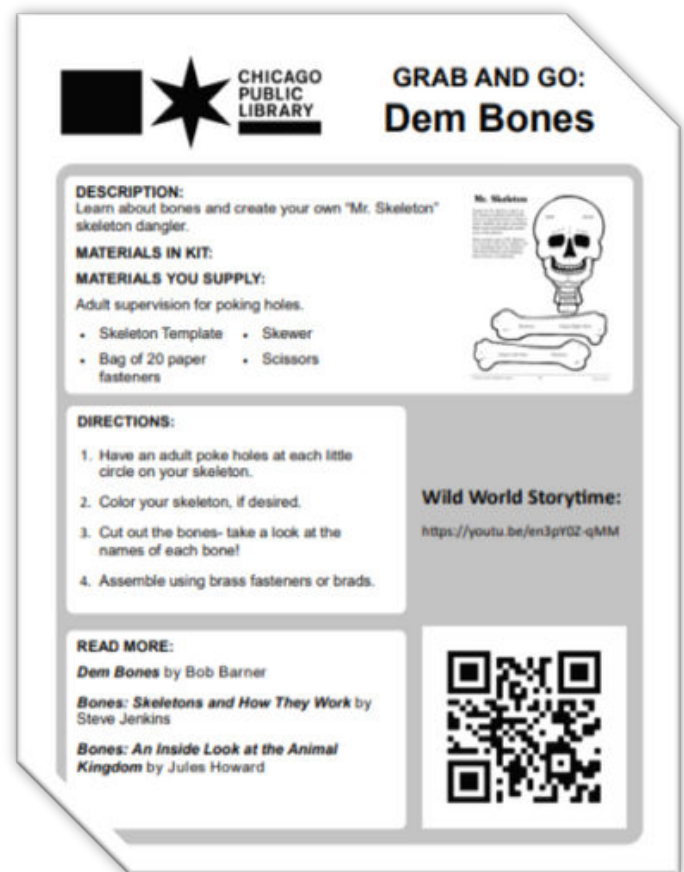
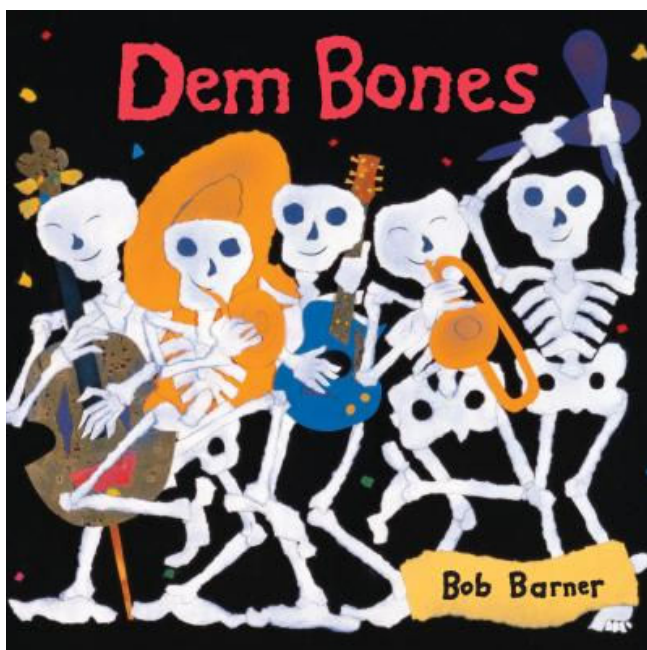
Grab and Go Example: Articulated Skeleton

Materials:

- Safety scissors
- Brass fasteners
- White cardstock

What to do: Cut out the following from your cardstock: skull (head), ribcage, pelvis, (2) upper arm bones, (2) lower arm bones with hands, (2) upper leg bones, (2) lower leg bones with feet. Connect the bones using brass fasteners at the joints.

Book: *Dem Bones* by Bob Barner



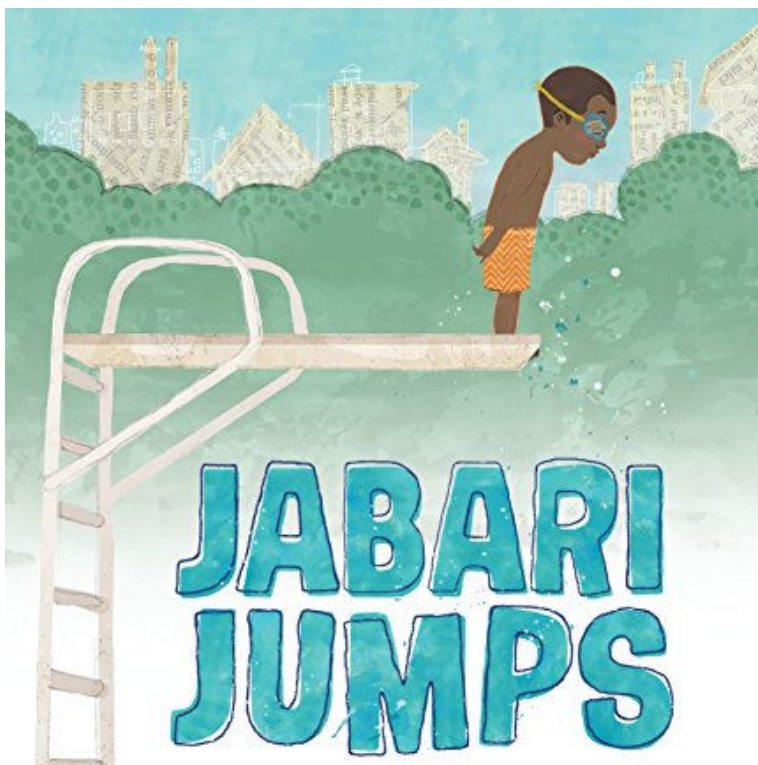
Grab and Go Example: Jabari Jumps Feelings Painting



Materials:

- Watercolor paints
- Brush
- Watercolor paper

What to do: Try and make a painting that shows how you feel! Practice your deep breaths and consider how you might feel if you were Jabari, while reading Jabari Jumps.

Book: Jabari Jumps by Gaia Cornwall





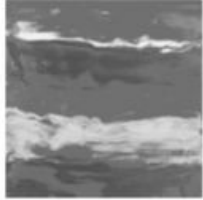
CHICAGO
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GRAB AND GO:
Jabari Jumps
Feelings Painting

DESCRIPTION:
Learn about how to mix colors and create your own watercolor painting based on a feeling.

MATERIALS IN KIT:
Watercolor paints, brush, watercolor paper

MATERIALS YOU SUPPLY:
Paper towels
Cup of water




CALMING BREATHS:
Deep breathing can help calm you down if you are angry or scared. Try this deep breathing activity to help you feel in control of yourself and your body:

1. Place one hand on your belly (above the belly button) and one hand on your upper chest.
2. Take a deep breath in through your nose, filling your lungs with air downwards towards the belly.
3. As your belly expands up and out, notice your bottom hand rise.
4. Breathe out slowly through your mouth and watch your hand go back down.

READ MORE:
When Sophie Gets Angry by Molly Bang
Nana in the City by Lauren Castillo
Picture This: How Pictures Work by Molly Bang

Wild World Storytime:



<https://youtu.be/W22g-05cU>

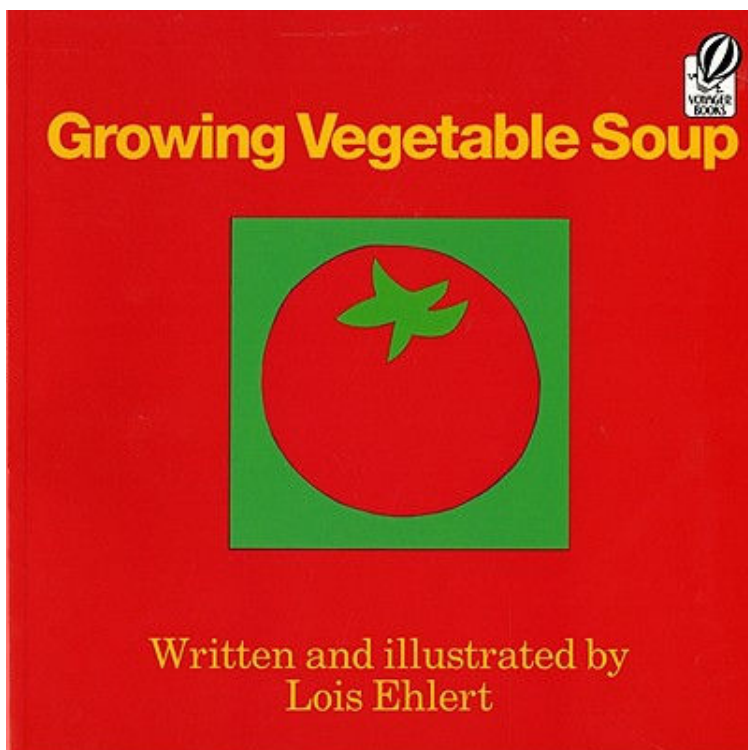
Grab and Go Example: Growing Vegetable Soup

Materials:

- Clear peel and stick sheet
- Black vegetable cut outs
- Tissue paper pieces
- Construction paper sheet

What to do: Stick the vegetable cutout pieces to the peel and stick sheet or cut out your own and glue them down. Add tissue paper to fill in the rest of the soup and make it as colorful as you want!

Book: *Growing Vegetable Soup* by Lois Ehlert



Additional Resources

Grab and Go bags are one way to provide resources to families in a clinic setting, but they may not always be an option. The next few pages explore cobranded materials developed with the Chicago Public Library that clinics were able to share with families.

- Emotions in Motion Cards
- Diverse Book Lists
- Posters
- Library Tickets
- Prescriptions For Reading



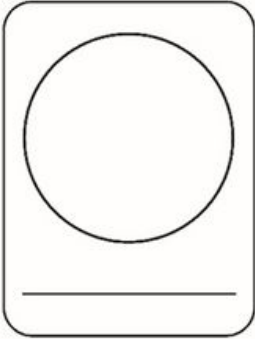
Emotions in Motion


The pandemic brought up a lot of big feelings for families. The Reach Out and Read at Chicago Public Library pilot explored how to better support young children and families as they experienced lockdowns, social isolation, and the loss of loved ones.

The Chicago Public Library leaders and Reach Out & Read Illinois pediatricians brainstormed ways to help families talk with their pediatrician and each other about what they were experiencing. Through these conversations, we developed “Emotions in Motion” cards to help children play, talk, and learn about their feelings. This is a fun card game that pediatricians can use in well-child visits in addition to the Reach Out & Read program to help families name and talk about emotions their children are facing.

Pediatricians may have ready made cards at their office to engage with the children during well visits, or they could provide a guide for families to make them at home with a Grab and Go Bag. Below is such an example.



Make your own emotion card:
Use any emotion you want (such as bored, proud, shy or calm).





Emotions in Motion
Cards to help children play, talk and learn about feelings

Activities and booklet from librarians at Chicago Public Library and pediatricians at Reach Out & Read Illinois



where great stories begin!

Here are some ways to use these cards:

- Guess the emotion.** Put cards face down in a pile. Choose a card, make the face on the card and see if the other player can guess your card.
- Play memory.** Spread out all the cards face down and turn over two cards at a time. When you find a match, keep that pair of cards.
- Sing a feeling.** Choose a simple song, such as *Row, Row, Row Your Boat*, and sing it with different emotions.
- Share a memory.** Choose a card and describe a time you felt that emotion.
- Tell a story.** As you play with toys or read books, talk about what the characters are doing and how they feel. Make drawings using different colors for different emotions.
- Feelings and actions:** Use the cards to help answer questions, such as: How do you feel when someone takes your toy? Talk about what you can do with those feelings.

Books are a great way to explore emotions:

My Face Book
by Star Bright Books

La Catrina: Emotions - Emociones
by Patty Rodriguez

I Like Me!
by Nancy L. Carlson

My Heart Fills with Happiness
by Monique Gray Smith

Jabari Jumps
by Gaia Cornwall

The Many Colors of Harpreet Singh
by Supriya Kelkar

Alexander and the Terrible, Horrible, No Good, Very Bad Day
by Judith Viorst

The Rabbit Listened
by Cori Doernfeld

Children feel emotions even before they can speak. Learning about emotions helps children express how they are feeling and understand others. It can even help prevent tantrums!

Diverse Book Lists

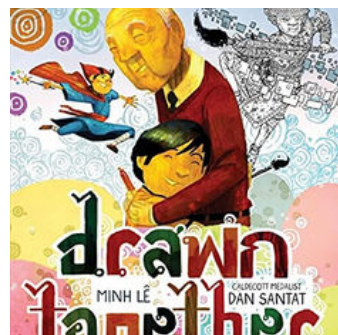
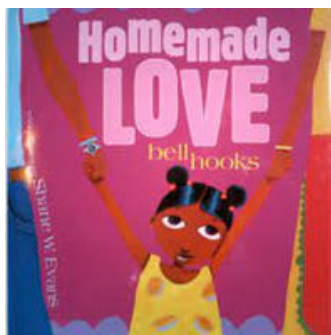
Who better to craft a list of quality children's books than librarians?? Below is a list of recommended children's books by Chicago Public Library children's librarians. The pilot printed these books on bookmarks to provide families with more information on connecting with the library. Physicians were able to pass these out when they gave families their Reach Out and Read book.

Board Books

- *Cerca/Close* by Juan Felipe Herrera
- *Federico and All His Families* by Mili Hernández
- *Global Babies* by The Global Fund for Children
- *Homemade Love* by bell hooks
- *Whose Knees Are These?* by Jabari Asim

Picture Books

- *Drawn Together* by Minh Lê
- *Dreamers* by Yuyi Morales
- *Hair Love* by Matthew A. Cherry
- *I Am Every Good Thing* by Derrick Barnes
- *Julián Is a Mermaid* by Jessica Love
- *Lubna and Pebble* by Wendy Meddour
- *The Many Colors of Harpreet Singh* by Supriya Kelkar
- *My Papi Has a Motorcycle* by Isabel Quintero
- *Say Hello!* by Rachel Isadora
- *Thank You, Omu!* by Oge Mora
- *Your Name Is A Song* by Jamilah Thompkins-Bigelow



Cobranded Posters

The Reach Out and Read Illinois team and Chicago Public Library cobranded materials for clinics to add to their waiting rooms and exam rooms. Posters are a great way to provide information to families. Just be sure to include a QR code with a link to find more information!

Below is an example of one such poster. Not only does the poster encourage reading, it also emphasizes the support services that families can connect with at the library.



Library Tickets

At the Lawndale Christian Health Center, providers gave families Library Tickets to encourage them to connect with their local library. The ticket listed the two nearest libraries' addresses and offered a free gift when families redeemed the ticket at the library. Gifts don't need to be extravagant – candy, a new library card, or a book go a long way. The ticket is intended to get the family into the library and see all that it has to offer – that is the real treat!

Librarians shared that families were very excited to show off their ticket at the local library. Parents and children were able to get their library cards and gain access to all that Chicago Public Library has to offer!

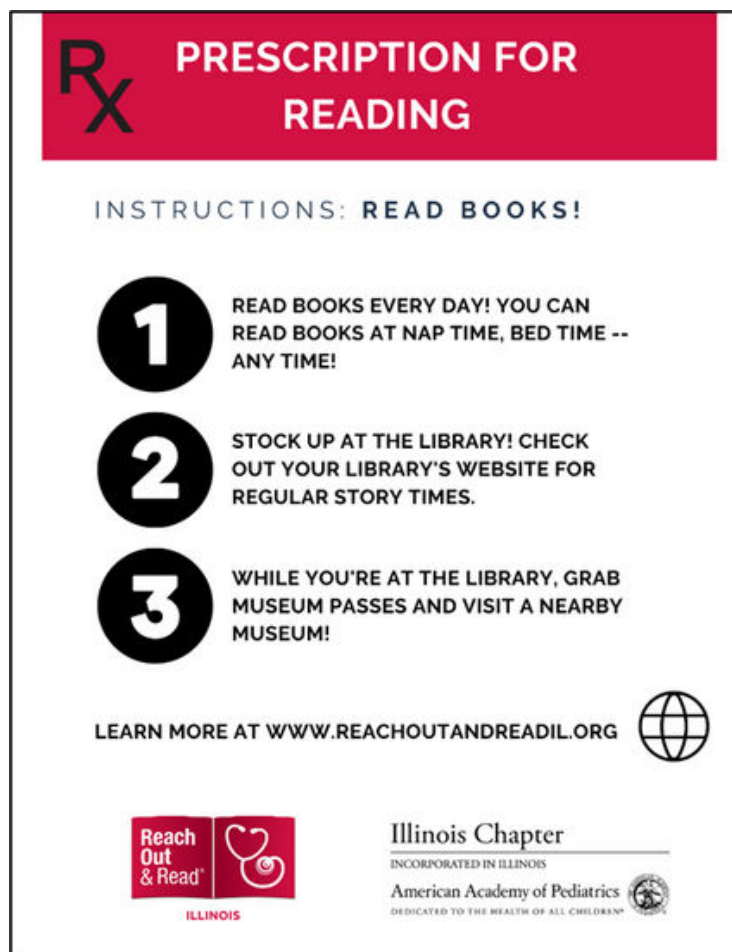
Below is an example of a Library Ticket from the Lawndale Christian Health Center location, highlighting the libraries on Pulaski and 13th street in the Lawndale neighborhood.



Prescription for Reading

Based on this pilot, the Reach Out and Read team developed Prescriptions for Reading emphasizing the importance of reading and connecting with the library. The team kept it general so that clinics outside of Chicago could utilize these as well. It reminds families that the library is not just a place for books – it also provides things like museum passes and story times!

Below is the Prescription for Reading example.



Best Practices

We learned a lot from this pilot project and hope to bring what we learned to more clinics in the future. The following are some of the best practices that came out of our learnings:

- ***Clinics should connect with their local library!*** Libraries can offer so much to pediatric offices and are often happy to provide a calendar of events, deliver on-site story time, or provide materials for families. These resources are perfectly aligned with the mission of Reach Out and Read.
- ***Grab and go bags are a great option!*** They should include simple craft, markers, free book, flyers, and library information cards. The books should include read out louds and be appropriate for a range in ages and abilities.
- ***Don't forget about language and literacy!*** Ensure that materials are developed in languages and at literacy levels that your families understand.
- ***Maintain the relationship!*** Librarians and clinic staff should check in regularly to ensure everyone is meeting the needs of the families.
- ***When connecting with families, keep it simple!*** Greet the family, introduce yourself, and provide them with a flyer of the services offered. Share how to obtain a library card and where they can find you.



Conclusion

We hope this toolkit has given you some ideas for collaborating with your local library! Pediatric offices and libraries are a natural partnership since both see families of young children and encourage healthy growth and development. The Reach Out and Read program is more effective when providers are also able to connect families to literacy and community resources like the library. Clinics, children, families, and communities all reap the benefits of these types of partnerships.

If you have additional ways in which your clinic has worked with its local library, please let us know! Contact us today-

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