

**BOOK 1
MY FAMILY**

learn

**Little
Roots**

Month 1

*Growing minds without
screens*

WHAT YOUR CHILD WILL LEARN IN BOOK 1?

Relationship Built (Parent ↔ Child)

- Strong emotional bonding
- Child feels secure, loved, and protected
- Builds trust with parents and caregivers
- Strengthens attachment with family members

Child Development Outcomes

- Emotional development
- Recognition of family roles
- Early social awareness
- Feeling of safety and belonging

Target Parents Will Achieve

- Child who feels emotionally secure
- Reduced anxiety & crying
- Better response to parents
- Strong parent–child attachment (foundation for learning)



Parent Tip (inside guide):

Point to real family members after reading. Say names slowly and smile

***Growing minds without
screens***



HOW TO USE THESE BOOKS

Goal:

Build early language, bonding, attention, and understanding through simple words and actions.

How to Read:

- Sit close to the child, point to pictures.
- Say the word slowly and clearly.
- Repeat the text 2–3 times.
- Use actions, facial expressions, and real-life examples.
- Keep reading time short (2–5 minutes per book).



Parent Tip (inside guide):

Point to real family members after reading. Say names slowly and smile

- Repetition is learning.
- No testing or pressure.
- Follow the child's mood.
- Enjoy the bonding moment

Do NOT test your child
Do NOT force repetition

These books support **early language, emotional security, and routine learning.**

Growing minds without screens

Mama

Mama Loves me.



Instruction:

Point to Mama. Smile and hug the child. Say: "Mama loves you." Encourage the child to touch Mama

Baba:



**Baba
hugs
me**

Instruction:

**Open arms like a hug. Say “hug” slowly.
If baba is nearby, point to him.**

Me



**This is
Me**

Instruction:

**Point to the child. Say their name. Let
the child touch their face or chest**

Dadi



Dadi loves me

Instruction:

Smile big. Say "smile." If Dadi lives with you, point toward her.

Dada



**Dada
Loves me**

Instruction:

Smile big. Say "smile." If Dada lives with you, point toward him.

Brother / Sister



We play Together

Smill Park

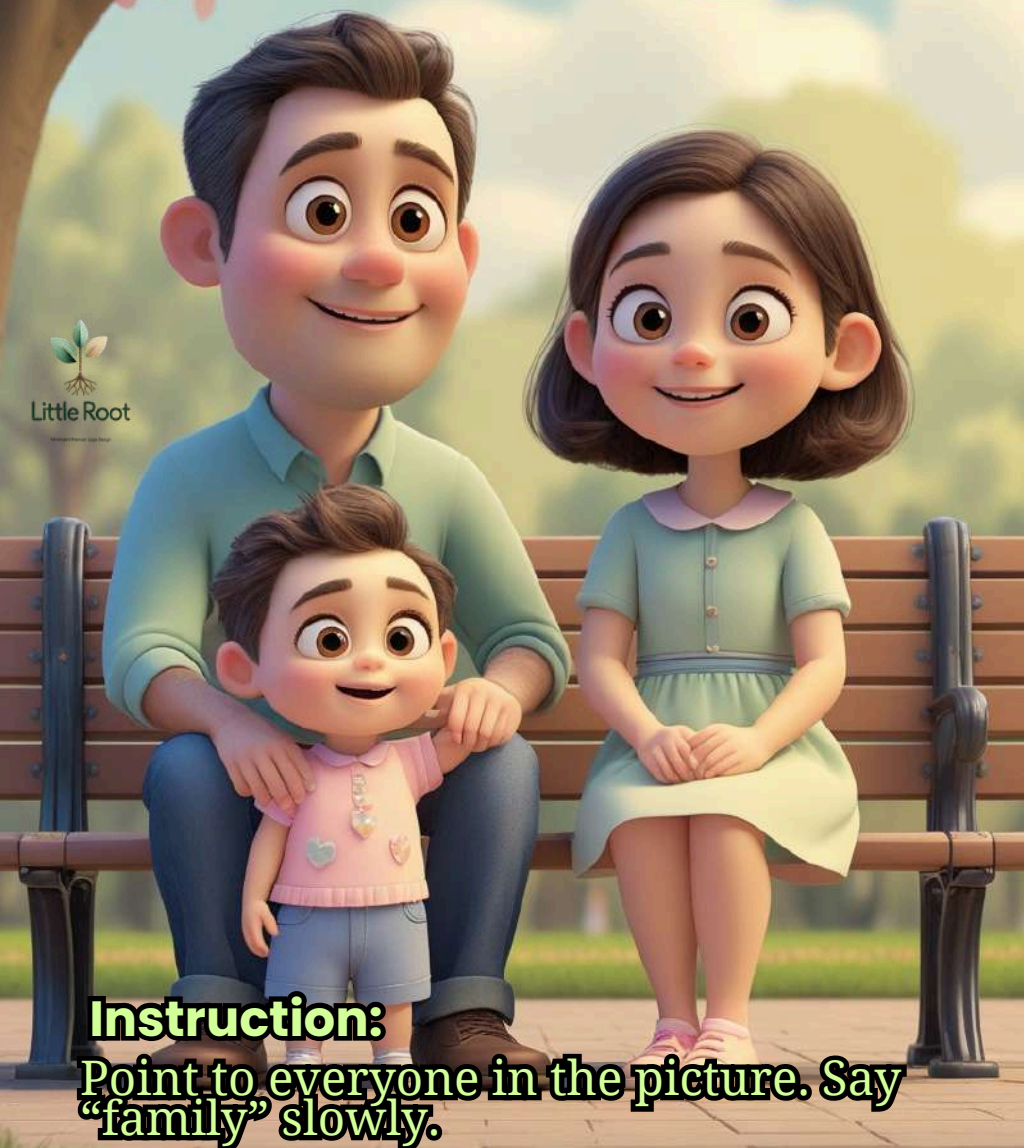
Instruction:

Clap or show a toy. Say "play together."
Encourage sharing.

My Family



**My
Family”**



Instruction:
Point to everyone in the picture. Say
“family” slowly.

Love



**I am
loved**
Δελέρνα Ίνε θύο ηοορτ

Instruction:
Place hand on heart. Say "love." Give a gentle hug.



WHAT YOUR CHILD IS LEARNING

- ✓ New words
- ✓ Listening
- ✓ Eye contact
- ✓ Calm sitting
- ✓ Bonding with parent



MONTH 1 SKILL CHECKLIST

(Parents tick)

- Points at pictures
- Recognizes Mama / Papa
- Tries to repeat sounds
- Sits calmly for 5 minutes
- Shows interest in books

**BOOK 2
MY BODY**

learn

Little Roots

Month 1

*Growing minds without
screens*

WHAT YOUR CHILD WILL LEARN IN BOOK 2?

Relationship Built (Parent ↔ Child)

- Parent becomes child's learning partner
- Child feels encouraged, not pressured
- Builds trust through gentle interaction

Child Development Outcomes

- Body awareness
- Speech stimulation (eye, ear, nose...)
- Motor coordination
- Confidence in self-identity

Target Parents Will Achieve

- Improved speech attempts
- Better body coordination
- Child responds to instructions
- Increased confidence and curiosity



Parent Tip (inside guide):

Touch your child's eyes, hands, feet while naming them softly.

***Growing minds without
screens***



HOW TO USE THESE BOOKS

Goal:

Build early language, bonding, attention, and understanding through simple words and actions.

How to Read:

- Sit at child's eye level
- Read slowly, don't rush
- Point to pictures
- Repeat words
- Smile & use expression

Do NOT test your child
Do NOT force repetition

Parent Tip (inside guide):

Point to body parts after reading. Say slowly

- Repetition is learning.
- No testing or pressure.
- Follow the child's mood.
- Enjoy the bonding momen

These books support early language, emotional security, and routine learning.

*Growing minds without
screens*

Eyes

I see



Instruction:

Point to eyes. Open eyes wide. Say "see." Look around together.

Ears

I Hear

Instruction:
Touch ears. Make a soft sound. Say
“hear.” Pause to listen.



Nose:

Instruction:

Touch nose. Pretend to smell a flower.
Say "smell."

Mouth



Instruction:
Move lips slowly. Say "talk." Encourage babbling.

Hands



clap



Instruction:
Clap together. Say "clap" with rhythm.

Feet



I WALK

Instruction:
Tap feet. Take a few steps together. Say
“walk.”

My Body



My Body
is
Amazing!

Instruction:

Point to different body parts. Say "my body."

Smile



**I
Smile**

Smile together. Say "smile." Make it playful.



WHAT YOUR CHILD IS LEARNING

Through simple body words and actions, your child is gently developing:

New vocabulary (eyes, hands, feet, walk, clap)

Listening skills (hearing and understanding simple instructions)

Eye contact (looking at parent and pictures together)

Body awareness (understanding their own body parts)

Calm sitting habit (short, focused reading time)

Emotional bonding with parent during reading time

MONTH 1 - SKILL CHECKLIST

(Parents can tick as skills appear)

- Points at body parts in the book
- Recognizes and responds to “Eyes”, “Hands”, “Feet”
- Tries to copy actions (clap, walk, smile)
- Makes eye contact while reading together
- Sits calmly with the book for 5 minutes
- Shows interest in pictures and pages



Parent Tip

Read slowly, smile, and repeat words daily.

Even 2–3 minutes a day makes a big difference at this age.

**BOOK 3
HELLO HOME**

learn

**Little
Roots**

Month 1

*Growing minds without
screens*

WHAT YOUR CHILD WILL LEARN IN BOOK 3?

Relationship Built (Parent ↔ Child)

- Parent becomes safe guide
- Child associates home with warmth and comfort
- Builds calm routines with parents

Child Development Outcomes

- Object recognition
- Daily routine understanding
- Sense of safety
- Independence in familiar spaces

Target Parents Will Achieve

- Child feels calm at home
- Reduced fear of surroundings
- Better daily habits (sleep, eat, wash)
- Less dependence on screens for comfort



Parent Tip (inside guide):

After reading, walk around home and point to real objects.

***Growing minds without
screens***



HOW TO USE THESE BOOKS

Goal:

Build early language, bonding, attention, and understanding through simple words and actions.

How to Read:

- Sit at child's eye level
- Read slowly, don't rush
- Point to pictures
- Repeat words
- Smile & use expressions

Do NOT test your child
Do NOT force repetition



Parent Tip (inside guide):

Point to the home real object after reading. Say slowly

- Repetition is learning.
- No testing or pressure.
- Follow the child's mood.
- Enjoy the bonding moment

These books support **early language, emotional security, and routine learning.**

*Growing minds without
screens*

Home

**This,
Is my
Home**

Instruction:

**Point around the room. Say "home."
Use a warm tone. "This is my home."**

Bed



I SLEEP

Instruction:

Close eyes briefly. Say “sleep.” Use a calm voice.

Instruction:
Pretend to eat. Say "eat." Mention
favorite food



i eat

Table

Bathroom



I
wash

Instruction:
Rub hands together. Say “wash.”

Chair

I Sit



Instruction:
Sit down together. Say "sit."

Door

OPEN

CLOSE

Instruction:

**Use hands to show opening and closing.
Say both words clearly.**

Window



OPEN -
CLOSE

Instruction:

Move hand up and down. Say "up...
down."

Home Again



Instruction:
Hug the child. Say "safe." Use a
reassuring voice.



WHAT YOUR CHILD IS LEARNING

Home-related words (home, bed, table, door, window)

Understanding daily routines (sleep, eat, wash)

Listening to simple action words

Eye contact during shared reading

Feeling safe and secure at home

Bonding with parent during calm reading time

✓ MONTH 1 - SKILL CHECKLIST

((Parents tick as skills develop)

- Points to familiar things (bed, door, table)
- Recognizes home objects in pictures
- Tries to copy simple actions (sit, sleep, wash)
- Sits calmly while reading for 5 minutes
- Shows comfort and interest in home scenes



Parent Tip

Name objects around the house after reading.

Example: "This is the bed" • "This is the door"

Repetition builds confidence and language.

**BOOK 4
DAY & NIGHT**

learn

**Little
Roots**

Month 1

*Growing minds without
screens*

WHAT YOUR CHILD WILL LEARN IN BOOK 4?

Relationship Built (Parent ↔ Child)

- Parent becomes routine-setter
- Child learns predictability through parent presence
- Creates peaceful bedtime bonding
-

Child Development Outcomes

- Time awareness (day vs night)
- Sleep regulation
- Reduced overstimulation
- Emotional calmness

Target Parents Will Achieve

- Better sleep routines
- Less night-time fussiness
- Reduced screen dependency at night
- Calm transitions during the day

Parent Tip (inside guide):

Read this book daily before bedtime in a calm voice.

***Growing minds without
screens***



HOW TO USE THESE BOOKS

Goal:

Build early language, bonding, attention, and understanding through simple words and actions.

How to Read:

- Sit at child's eye level
- Read slowly, don't rush
- Point to pictures
- Repeat words
- Smile & use expressions

Do NOT test your child
Do NOT force repetition



Parent Tip (inside guide):

Point to the home real object after reading. Say slowly

- Repetition is learning.
- No testing or pressure.
- Follow the child's mood.
- Enjoy the bonding moment



These books support **early language, emotional security, and routine learning.**

*Growing minds without
screens*

Day

Good Morning



Instruction:

Smile brightly. Say "good morning."
Wave hand.

Sky

"Sky"



Instruction:
Point upward. Say "sky." Name the
color "blue."

Instruction:
Shake a toy. Say “play.” Encourage
movement.



Play

Play Time

Eat Time



Instruction:
Pretend eating again. Say "eat."

Night

Good Night

Instruction:

Lower voice. Say "good night." Dim lights if possible.

Stars

Twinkle

Instruction:
Wiggle fingers like stars. Say "twinkle."

Instruction:

Close eyes, Gentle tone. Slow movements.



SLEEP TIME

Sully Childer's Book Font

Instruction:

**Take a deep breath together. Say "calm."
Stroke child's back gently.**



Little Root



CALM

Calm



WHAT YOUR CHILD IS LEARNING

Understanding day and night

Daily routine words (play, eat, sleep)

Listening to short, calm sentences

Eye contact during reading time

Emotional regulation (calm, bedtime readiness)

Bonding with parent before sleep



MONTH 1 - SKILL CHECKLIST

- Recognizes day vs night pictures
- Understands simple routine words (play, eat, sleep)
- Tries to repeat familiar sounds
- Sits calmly for 5 minutes during reading
- Shows calm behavior before sleep



Parent Tip

Read this book at the same time every day, especially before bedtime.

Use a soft voice and slow pace to help your child feel relaxed and safe.