

BY LAURA RAPHAEL, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

“read it again! again! again!”

WHY YOUR KIDS LOVE REPETITION... AND HOW YOU CAN DO IT WITHOUT GETTING BORED

“**A**gain! Again! Again!”
Has this ever happened to you? You’ve just blown raspberries on your baby’s cheek or belly, swung your toddler in the air, or read aloud a particularly beloved book... and your child immediately squeals, “Do it again!”

Don’t groan – celebrate! That means your child’s brain is developing exactly as it should. Especially in reading (and re-reading, and re-re-re-reading), you are doing something wonderful on so many levels.

Why Children Love Repetition

Why do children love “read and repeat”? Here are three reasons to repeat:

- **Cognitive** Repeating actions, including reading books, strengthens neural connections and creates deep learning. Children’s brains are hungry for repetitive experiences, so when they say “Again!”, remember that their gray matter is essentially saying “Make me smarter, Mom!”

- **Emotional** When you read books again and again to your children, you are also building all of their positive emotional centers: joy, comfort, belonging. Snuggling up with a book (or even reading to them while they are bouncing around but still listening) is an excellent opportunity



to strengthen your bond with your children.

- **Physical** Finally, the physical act of opening a book and reading it is creating a muscle memory, an automatic action that will help your child when he or she is in school. What do you do when you’re bored or need some quiet time? Read!

Keep it Interesting

Speaking of bored... This is often the downside to the entire “Read it again!” scenario. What is exciting and interesting and brain-building for a 3-year-old is not often the same as what ex-

cites a 33-year-old.

How do you keep reading the same book 10 times in a row interesting or valuable for yourself AND your child? A few tips:

- **Expand the story** When you’re on the umpteenth reading of *The Very Hungry Caterpillar*, find ways to use the content to talk about related things. “Oh, these strawberries look juicy! You like strawberries, don’t you? What else do you think the caterpillar would like to eat?”

Look for hidden parts of pictures, or ask your child to imagine a “Part Two” to the story. “What

if the hungry caterpillar went to the State Fair? What would he do there?”

- **Remember the memory** In the busy storm of parenting life, it’s easy to get lost in the day-to-day-ness of everything. Use reading aloud time to step back and be conscious of the positive memory you are making with your child.

- **Choose great books!** Your library is a great place to find books that will stand up to repeated reading. Many children’s authors have a double awareness of needing to connect with children while giving adults doing the reading aloud something to keep them interested. Ask your friendly neighborhood librarian for some suggestions!

Storytime In Your Pocket! Build-A-Reader App Launches

Now you can carry great library learning experiences — in your pocket! The Tulsa City-County Library is proud to announce the release of our Build-A-Reader app, which combines practical literacy tips, great book suggestions, and videos of library staff demonstrating brain-building (and fun!) songs, fingerplay, and activities to do with your child. It’s FREE, and you can find it in your app store by searching “Tulsa Library.”

20 | FRIDAY

ZACH: TEEN TIME

Homeschooled teens experience a new art class where a consistent concept of the month will be presented such as landscapes, portraits, 2D/3D, realism/abstraction based on the Elements of Art and the Principles of Design. For ages 13 - 18 years old. \$12/Gilcrease members, \$15/not-yet members. Pre-registration required: 918.631.4402. Zarrow Center for Art & Education, 124 East M.B. Brady St.; 10 a.m.

MINI MASTERS: FIVE SENSES IN ART II

See previous description, 10 a.m. & 11 a.m.

PRESCHOOL YOGA (FREE)

Join certified yoga teacher Jeanne Doss for a free parent/child class featuring interactive stories and yoga poses. For ages 3-5. Class size is limited and registration is required: 918.549.7324. Owasso Library, 103 W Broadway St.; 10:30 a.m.

SLEEP WITH THE SHARKS

Ever wonder what it would be like to snooze alongside our sharks? Enjoy a dive show, scavenger hunt, flashlight tour and movie, then spend the night alongside exhibits. Oklahoma Aquarium, 300 Aquarium Dr.; 7 p.m.
www.okaaquarium.org

21 | SATURDAY

WINTER INTEREST IN THE GARDEN

Take a tour of the Tulsa Botanic Garden to see what's providing color, texture and form. Admission is free for Garden members; \$8 for ages 13+; \$4 for ages 3-12. Children 2 and under are free. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.; 11 a.m.

TEEN TEST PREP: EXPLORING THE LIBRARY'S DATABASES (FREE)

Testing is almost here and the library has lots of resources to help you prepare. Join in to explore test help databases. For ages 12-18. Class size is limited to 10. To register: 918.549.7323. Central Library, 400 Civic Center; 1 p.m.

22 | SUNDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

23 | MONDAY

LEGO LAB (FREE)

Learn new building ideas, partner with other children during team-building challenges and explore free building. For ages 6-12. Martin Regional Library, 2601 S Garnett Rd.; 4 p.m.

24 | TUESDAY

INTRO TO SCREEN PRINTING FOR TEENS

(FREE) Ever been interested in designing your own T-shirt? Bring a blank light-colored T-shirt and learn how to screen print. For ages 12-18. Class size is limited to 15. Call to register: 918.549.7323. Central Library, 400 Civic Center; 4 p.m.

25 | WEDNESDAY

SEE SIDEBARS FOR ON-GOING ACTIVITIES.

26 | THURSDAY

ZACH: ZARROW ART CLASSES FOR HOMESCHOOL

See previous description, 10 a.m. & 1:30 p.m.

HANDS ON! (FREE)

See previous description, 10:30 a.m.

PARACHUTE PLAY (FREE)

On your mark, get set, parachute! Join Miss Joy for an afternoon of games and stories involving fun and cooperative parachute games. For grades K-3. Schusterman-Benson Library, 3333 E 32nd Pl.; 4 p.m.

FOOD FOR THOUGHT: A RECIPE FOR GOOD NUTRITION (FREE)

Join in for an interactive program on healthy eating presented by winners of the White House Healthy Lunchtime Challenge. Participants will enjoy a trivia game, craft and a presentation for ages 7-12. Hardesty Regional Library, 8316 E. 93rd St.; 4:30 p.m.

27 | FRIDAY

FRIDAY MOVIE TIME: "INSIDE OUT"

(FREE) Emotions run wild in the mind of a little girl who is uprooted from her peaceful life in the Midwest and forced to move to San Francisco in this Pixar adventure. Rated PG. For all ages. Brookside Library, 1207 E 45th Pl.; 3:30 p.m.

STORYTIMES**Bixby Library (20 E. Breckenridge, Bixby)**

- Preschool Storytime: Mondays, Jan. 9, 23, 30 • 11-11:30 a.m.
- My First Storytime: Mondays, Jan. 9, 23, 30 • 10:10-10:30 a.m.

Broken Arrow Library (300 W. Broadway, Broken Arrow)

- My First Storytime: Tuesdays, Jan. 10, 17, 24, 31 • 10:30-11 a.m.
- Preschool Storytime With Miss Hannah: Mondays, Jan. 9, 23, 30 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, Jan. 11 • 4-5 p.m.

Broken Arrow Library/South (3600 S. Chestnut, Broken Arrow)

- Preschool Storytime: Tuesdays, Jan. 10, 17, 24, 31 • 10:30-11 a.m.
- My First Storytime: Wednesdays, Jan. 11, 18, 25 • 10:30-11 a.m.
- Evening Storytime: Tuesday, Jan. 24 • 6-6:30 p.m.
- PAWS for Reading: Wednesday, Jan. 4 • 4:30-5:30 p.m.

Brookside Library (1207 E 45th Pl.)

- Preschool Storytime: Wednesdays, Jan. 4, 11, 18, 25 • 10:15-10:45 a.m.
- My First Storytime: Wednesdays, Jan. 4, 11, 18, 25 • 11-11:20 a.m.
- PAWS for Reading: Friday, Jan. 20 • 3:30-4:30 p.m.

Central Library (400 Civic Center, Tulsa)

- Family Storytime: Mondays, Jan. 23, 30 • 6:30-7 p.m.
- Family Fun Storytime: Tuesdays, Jan. 17, 24, 31 • 10:30-11 a.m.
- Toddlers & Tales: Wednesday, Jan. 25 • 10:30-11 a.m.

Hardesty Regional Library (8316 E 93rd St., Tulsa)

- My First Storytime: Mondays, Jan. 9, 23, 30 • 10-10:20 a.m. and Tuesdays, Jan. 10, 17, 24, 31 • 10-10:20 a.m.
- Toddler Time: Tuesdays, Jan. 10, 17, 24, 31 • 11-11:20 a.m. and Wednesdays, Jan. 11, 18, 25 • 10-10:20 a.m.
- Mr. Paul's Family Storytime: Thursdays, Jan. 12, 19, 26 • 6:30-7 p.m.
- Mr. Paul's Preschool Storytime: Wednesdays, Jan. 11, 18, 25 • 11-11:30 a.m.

Herman and Kate Kaiser (5202 S. Hudson Ave., Suite B, Tulsa)

- My First Storytime: Thursdays, Jan. 12, 19, 26 • 10:30-11:30 a.m.
- Preschool Storytime: Tuesdays, Jan. 10, 17, 24, 31 • 10:30-11:30 a.m.
- PAWS for Reading: Wednesdays, Jan. 11, 25 • 3:30-5 p.m.

Jenks Library (523 W B St., Jenks)

- My First Storytime: Wednesdays, Jan. 4, 11, 18, 25 • 10-10:15 a.m.
- Preschool Storytime: Wednesdays, Jan. 4, 11, 18, 25 • 10:30-11 a.m.
- PAWS for Reading: Tuesday, Jan. 10 • 4-5 p.m.

Kendall-Whittier (21 S. Lewis, Tulsa)

- Bilingual Storytime/Cuentos Bilingües: Wednesday, Jan. 11 • 10-10:45 a.m.

Martin Regional Library (2601 S. Garnett Rd., Tulsa)

- Bilingual Storytime/Cuentos Bilingües: Tuesdays, Jan. 17, 24, 31 • 11-11:30 a.m.

Nathan Hale (6038 E. 23rd St., Tulsa)

- Mrs. Cindy's Storytime: Thursdays, Jan. 12, 19, 26 • 10:30-11 a.m.
- PAWS for Reading: Saturday, Jan. 14 • 2-3 p.m.

Owasso Library (103 W. Broadway, Owasso)

- My First Storytime: Tuesdays, Jan. 17, 24, 31 • 10-10:30 a.m. and Wednesdays, Jan. 18, 25 • 10-10:30 a.m.
- Preschool Storytime: Tuesdays, Jan. 17, 24, 31 • 10:30-11 a.m. and Wednesdays, Jan. 18, 25 • 10:30-11 a.m.
- PAWS for Reading: Wednesday, Jan. 18 • 4-5 p.m.

Schusterman - Benson Library (3333 E. 32nd Place, Tulsa)

- My First Storytime: Wednesdays, Jan. 11, 18, 25 • 10-10:20 a.m. and Wednesdays, Jan. 11, 18, 25 • 10:30-10:50 a.m. Preschool Stay and Play Storytime: Tuesdays, Jan. 10, 17, 24, 31 • 10:30-11 a.m.
- PAWS for Reading: Monday, Jan. 9 • 3:30-4:30 p.m.

Tulsa Toy Depot (101st & Sheridan, Tulsa)

- Thursdays at 11 a.m.

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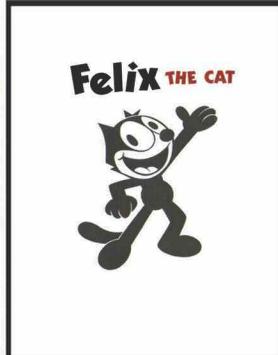
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