

Books Build Bodies & Brains

Helping Keiki Move, Grow, and Develop through Storytime



Why Books Matter from Birth

Books are more than stories—they're tools that spark movement, connection, and growth. From infancy, storytime can:

- Build attention and listening skills
- Encourage interaction between child and caregiver
- Support physical development through movement with books

Reading becomes a chance for keiki to move their bodies while growing their minds.

Let's Partner for Keiki

We'd love to share books and demonstrate movement-based reading activities with your group. Together we can build stronger futures for Pāhoa keiki—through every story, page, and step.



Movement Through Books

Here are simple ways everyday storytime builds movement and independence:

- **Rolling Over:** Place the book just out of reach for babies to roll toward.
- **Upright Sitting:** Prop books on a lap or low table to encourage balance while sitting.
- **Sit-to-Stand:** Place the book on a chair or surface slightly higher than sitting level, so children rise to reach it.
- **Standing Balance:** Hold the book up and read while your keiki shifts weight or steadies themselves.
- **Walking Toward the Story:** Call your child over to choose a book, encouraging steps toward you.

Every page turned is practice for fine motor skills, balance, and independence.

For Homes, Schools, and Daycares



These activities can be done anywhere:

- At Home: Build a routine with bedtime books that include playful stretches or reaching.
- In Daycare/Preschool: Group reading can involve standing, clapping, or acting out motions.
- For Caregivers: Use books as both a calming tool and an activity for movement during the day.

Books are affordable, accessible, and one of the most effective ways to support healthy child development.

Made to Move Pediatric Physical Therapy

Big Island's dedicated pediatric physical therapy clinic, helping keiki reach milestones through personalized care.

Contact

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Hawaii Wellness Mobility Network Inc.

A nonprofit supporting families across Hawai'i with resources in mobility, wellness, and education.

Contact

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Pāhoa Reads Program Lead

Through the Pāhoa Reads Program, families are receiving books to support keiki birth to five. These books do more than tell stories—they spark movement, learning, and growth

Contact

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