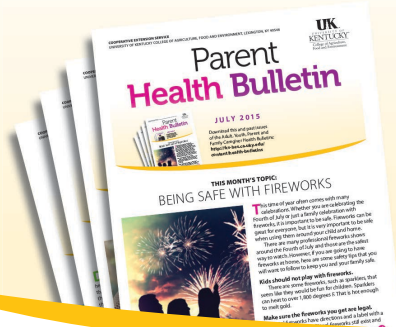


Parent Health Bulletin



OCTOBER 2015

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THIS MONTH'S TOPIC: READING WITH YOUR CHILD

As an adult, reading and seeking out information is very important for health. If a person has the confidence that he or she can read, ask questions and seek out information, there is a higher likelihood that he or she will do so when it comes to their own health and the health of their family.

As your children attend elementary school, it is a good idea to read out loud to them. It is important for children to listen to books that may be higher than their reading levels. In fact, a typical child reading level doesn't catch up to his or her listening level until about 8th grade. So a fifth grader may enjoy listening to books written at a 7th grade level. If you are unsure what books would be appropriate, talk to your local librarian. He or she can help you find a book that will interest your child and maybe you too.

Reading out loud to your child may also help him or her handle difficult topics and situations that



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If you are unsure what books would be appropriate for your child, talk to your local librarian.

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may happen at school or at home. If your child has said that “So-and-so doesn’t want to play with me anymore” and is upset about it, finding a book where the character handles a similar situation may help open the conversation between you and your child. It also gives your child an opportunity to see how the character handled the issue. Your child may be able to relate the story to his or her problem and come up with ways to feel better through the character in the book.

Does your child have a hard time picking out a book? Try some of these ideas to find a book that your child will enjoy:

- **What does your child like to do?** Finding a book about something that makes your child happy or focused on an activity that he or she likes is a great place to start when looking for a new book to enjoy. Does he or she like race cars or horses? Start looking at books that are about something he or she is interested in.
- **Does your child like to hear stories about real things that happened or make-believe?** Encourage your child to try both fiction and non-fiction books. You may want to try reading a fiction book that occurs in a certain place and then get a non-fiction book that shows the area in more detail.
- **What books did you like when you were your child’s age?** One way to pick out a new book for your child is to introduce them to a book you liked when you were their age. Read it together.
- **Talk to a librarian.** They are the experts after all. Librarians may be able to show you popular books that other kids have checked out. They

40 percent of children ages 6 to 11 who were read books aloud at home say they wish their parents had continued reading aloud to them.

also can show where books of certain topics are located in the library.

Reading is an important tool that is needed to have better health outcomes when your child becomes an adult. You can encourage reading by reading with your child or helping him or her find books that are of interest. Take some time to read with your child and enjoy many adventures together.

REFERENCE:

- Nemours KidsHealth (2015). How to Pick a Great Book to Read. http://kidshealth.org/kid/grow/school_stuff/find_book.html
- Nemours (2014). Health Benefits of Reading: Reading and Health are Related <http://www.readingbrightstart.org/articles-for-parents/health-benefits-of-reading-reading-and-health-are-related>



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