



## Expand Your Knowledge—Read a Book

“The benefits of reading start with the first book a baby hears and continue into childhood and throughout the child's life.

Here are the 10 Benefits of Reading - the Top 10 reasons why reading is important and why children – and adults! - should read often and widely.

- 1) *Kids who read often and widely get better at it*
- 2) *Reading exercises our brains*
- 3) *Reading improves concentration*
- 4) *Reading teaches children about the world around them*
- 5) *Reading improves a child's vocabulary and leads to more highly-developed language skills*
- 6) *Reading develops a child's imagination*
- 7) *Reading helps kids develop empathy*
- 8) *Children who read do better at school*
- 9) *Reading is a great form of entertainment*
- 10) *Reading relaxes the body and calms the mind*

(Best- Books- for- Kids.com)

With the development of kindles and the convenience of online books and libraries everyone should read every day

BUT we don't! We watch Television, we text, we email but we DO NOT READ for enjoyment.

As the adults we need to model reading to children, all children in our families, communities, schools, and organizations

everywhere we go—everywhere we are. BOOKS should be in our homes, our cars, our pack backs, our diaper bags, our brief cases—EVERYWHERE!!

So Start TODAY!! Make time to read every day.

\* Read to your children while they eat Breakfast-NO More eating in front of TV

\* Read to your children before they go to bed

\* Have your children read to you while you drive the car

- \* Visit the library at least twice a month-check out books-attend story time
- \* Encourage children to read signs at the store, in the neighborhood and on walks
- \* Order a child's magazine instead of a toy-read the magazine together and do the activities
- \* Act our stories instead of watching television—let every family member read a part
- \* Write a family story
- \* Talk to your children about the books they are reading  
Tell them about the book you are reading (In child terms!)

You will be amazed at how quickly reading will become a central and enjoyable part of your family life.

**DON'T WAIT—READ TODAY!**