

# Be a Family Literacy Star



National Family Literacy Day is January 27th, 2012



- 1 Read with your child.** Encourage a love of reading and learning by sharing books with your children. Look at the pictures, follow words from left to right, guess what is going to happen next, and ask questions about what you've read.
- 2 Be active.** Stimulate mind and body with 30 minutes of daily activity. Throwing, catching and jumping skills build brain connections that help with reading.
- 3 Be an example.** When children watch adults reading and writing, they see it as an important activity and will want to do it too.
- 4 Cook together.** Follow a recipe, mix, measure, and have fun learning basic math, science, and sequencing. Plus, time spent together creates great memories.
- 5 Sing a song.** Singing is a fun way to learn about rhythm, rhyme and words. Add actions, silly voices or sounds, and extra verses to make it even more fun.
- 6 Limit screen time.** Hands on learning is important for mental and physical growth. Turn off the TV and talk, sing, read, or create.
- 7 Provide materials.** Give your child paper, crayons, pencils, and a place to use them to encourage writing and drawing.
- 8 Play a game.** Games help children learn counting, colors, reading, sequencing, following directions, taking turns, being a good sport, and strategy.
- 9 Family meal time.** Eating at the table together is a great time to share stories and talk about the day.
- 10 Visit the library.** Take part in free programs and reading incentives. Get a library card to borrow books and materials for all reading levels.

For more information on Family Literacy, please contact:

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**Have Fun!** Sharing family time does not require fancy toys, trips or gadgets. Create positive memories by laughing, talking and playing together.