











## READING

From a recent article on MSN, steps that will you become more interested in reading:

-  **Fill your child's world with reading.** Take turns reading with your older child, or establish a family reading time when everyone reads her own book. It's important to show her that "it's not only a school task," says Ted Feinberg, Ph.D, assistant director of the National Association of School Psychologists.
-  **Encourage him to express his opinion, talk about his feelings, and make choices.** He can pick out a side dish to go with dinner and select his own extracurricular activities. Ask for his input on family decisions, and show that you value it.
-  **Show enthusiasm for your child's interests and encourage her to explore subjects that fascinate her.** If she's a horse nut {i.e. "Abby"}, offer her stories about riding or challenge her to find five facts about
-  **Provide him with play opportunities that support different kinds of learning styles** -- from listening and visual learning to sorting and sequencing. Fanjul recommends supplies that encourage open-ended play and "do more than one thing," such as blocks -- your child will develop his creative expression and problem-solving skills as he builds.
-  **Point out the new things you learn with enthusiasm.** Discuss the different was you find new information, whether you're looking for gardening tips on the Internet or taking a night class in American literature.
-  **Ask about what he's learning in school, not about his grades or test scores.** "Even if he doesn't do well grade-wise compared to the other students, he might still be learning and improving, and you don't want to discourage that," cautions Fanjul.
-  **Help your child organize her school papers and assignments so she feels in control of her work.** If her task seems too daunting, she'll spend more time worrying than learning; as she gets older and has more responsibilities, things can get "excrutiatingly painful," warns Fanjul. So check in with her regularly to make sure she's not feeling overloaded.
-  **Celebrate achievements, no matter how small.**
-  **Focus on strengths, encouraging developing talents.** Even if she didn't ace her math test, she may have written a good poem in English class. In addition to a workbook for math practice, give her a writing journal.
-  **Turn everyday events into learning opportunities.** "Being educated doesn't mean knowing a lot of disconnected facts," says Fanjul. "Learning is building from what you know and connecting it to new facts." Encourage him to explore the world around him, asking questions and making connections.

Reading does the mind good! – regulate and balance your time...try reading instead of just television and video – you'll be surprised how much you learn, and retain.

In a

WORD