



Read Every Day

“The more that you read, the more things you will know. The more that you learn, the more places you'll go.” - Dr. Seuss

Facts: Why should my family read every day?

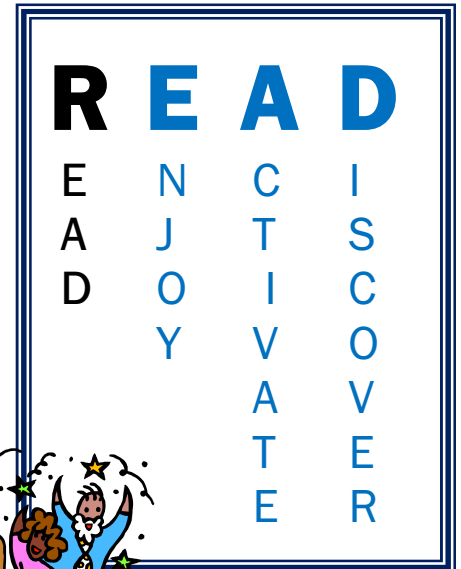
- Kids who read for pleasure on a daily or weekly basis score better on reading tests than infrequent readers.¹
- Good readers generally have more financially rewarding jobs.¹
- Good readers make good citizens—Readers are more than twice as likely as non-readers to volunteer or do charity work.¹
- Neurologists report that mental exercise, like reading, can reduce your chance of developing Alzheimer's disease by up to 70%.²
- Low literacy costs \$73 billion per year in terms of direct health care costs.³



Tips: How do we fit it in?



- Schedule a time to read—Just after lunch or right before bed, a quiet time for reading can be relaxing
- Look for a variety of reading materials of different lengths to peak interest—besides books of different lengths and topics, look for magazines, comic books, newspapers, manuals...anything of interest.
- Keep a small variety of reading materials in the car for those trips around town, to summer school or daycare and back. Keep a basket in the bathroom, too!
- Re-read old favorites
- Keep a chart—watching all of the minutes build up can be fun in itself for some, or you can agree on a family incentive once you reach a certain minute mark.



1. To Read or Not to Read, Research Report #47. National Endowment for the Arts
2. Alzheimer's Research and Prevention Foundation
3. National Center for Family Literacy