

10 Minutes a day

– it can make a world of difference

There's a wealth of evidence to support the fact that children who are read aloud to on a regular basis when they are young, are readily able to learn to read, once they start school.

There's also evidence to show that children who are slow to start reading can benefit from someone reading aloud to them.

When hearing someone read children learn the structures of our language and grammar, and the sound of words. Children also learn to love books, to appreciate them for their content and the stimulation they provide.

Reading aloud to your child is a great opportunity to share and bond with your child. At the same time, they're learning valuable skills and you're giving them a wonderful base for their education.

Remember, just 10 minutes a day – it's the best investment you can make in your child's future.

And all it costs is a little time!

How do I start?

There's no magic formula, no right way of reading and, no special rules. A book, a quiet place, you and your child – it's all you need.

- Try to make it a consistent event. At the same time or times, each day, and in a comfortable place.
- It's never too early to start reading to your child. Even babies love hearing nursery rhymes.
- Try to make your reading as expressive as possible. Let the emotion of the story show through your facial expression and your voice. It really brings the characters and the story to life.



'Try to read to your child every day, or at the minimum, several times a week.'

Know Your Child, Miriam Stoppard

- Try to read one favourite, one familiar and one new story each time.
- For younger children, choose books with large, colourful pictures and "flap" books.
- Talk about the words, and about what's happening in the story as you read.
- Encourage children to make predictions about what will happen next in the story.
- Occasionally, choose picture books that have no words and encourage your child to 'read' the story to you.

- With older children, encourage your child to follow the words, and try to identify certain letters and sounds as they occur.
 - Most important of all: make the experience fun for you and your child. Praise their efforts and reinforce the value of reading.
- Don't overlook opportunities when you're out with your children. Reading signs and identifying letters and words, wherever they occur, is all part of their learning experience.

Where do I find the books?

- **Visit your local library:** Your local library is an excellent resource. It costs nothing to join and children love to visit.
 - **Bookshops:** Children love to own their favourite books. Get to know the staff, and they'll keep you informed on the latest releases.
 - **Friends and Neighbours:** Sharing books is a cost effective way to get the best value and ensure a steady stream of new and well loved stories. Your child will soon teach you which ones they enjoy, and perhaps these are the titles to purchase.
 - **Books as Gifts:** Encourage relatives and friends to give books to your child as birthday or Christmas gifts. Long after the toys are broken or forgotten, a book will continue to give pleasure.
- Suggested reading for Parents**
- *Reading Magic* – Mem Fox
 - *Know Your Child* – Miriam Stoppard
 - *The Read Aloud Handbook* – Jim Trelease
- Ask at your local library for other titles, they'll be pleased to assist you.



You don't need to be an expert to read to your child

Children will benefit from hearing your version and your voice – and from the pleasure of having you spend time with them.

By reading aloud to your children regularly, you're:

- Stimulating their imaginations,
- Developing their understanding of how language works,
- Reinforcing the value of reading,
- Helping them to discover the joys of reading,
- Strengthening the relationship with your child, and
- Giving them a great start to their education.

'If every parent understood the huge educational benefits and intense happiness brought about by reading aloud to their children, and if every parent – and every adult caring for a child – read aloud a minimum of three stories a day to the children in their lives, we could probably wipe out illiteracy within one generation.'

Reading Magic - Mem Fox

Which book are you going to read to your child tonight?



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The best investment
you can make in your
child's future!



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