

# FOR YOUR INFORMATION

## READING AT HOME

Of all the school related activities parents can encourage in the home, reading is the most important. Learning to enjoy reading is just as vital to a child's reading success as learning the process itself. A child's desire to want to read is developed at an early age in the home and can be increased with parent support and parent modeling.

### Parent Support

- Encourage reading from an early age, beginning with looking at picture books and advancing to reading the classics.
- Provide a variety of books in the home.
- Visit the library. Continue trips to the library on a regular basis even after children are in school.
- Give books to children as gifts.
- Discuss books children have read with them.
- Help children with homework and activities that involve reading.

### Parent Modeling

- Be a reader yourself. Children will imitate a parent who reads.
- Check out your own books at the library.
- Subscribe to newspapers and magazines to read on a regular basis.
- Read to your young child, or set aside some time each day when everyone in the family can read.
- Play reading or word games with your child.
- Express to your child your love of reading.
- Share interesting items you have read with your child.

## SELF-ESTEEM

Children develop self-esteem by learning to deal with everyday situations. As children overcome obstacles and make accomplishments, they begin to feel worthwhile and their self-esteem increases. Children with high self-esteem are more likely to do well in school and less likely to submit to peer pressure. To help children develop a positive self-esteem parents should communicate effectively, emphasize a positive approach to life, and build on family activities.

### **COMMUNICATE EFFECTIVELY**

- Listen to your children. Children should realize that their thoughts and feelings are important to you.
- Express your values and the reasons you believe as you do.
- Use constructive criticism. Learn to punish the behavior, not the child.
- Show and tell your children that you love them.
- Spend time with your children. Get to know their friends, activities, and likes and dislikes.

### **EMPHASIZE A POSITIVE APPROACH**

- Set an example and be confident in your own abilities.
- Offer praise for accomplishments and encouragement for effort.
- Help children develop a feeling of responsibility by giving them tasks they can complete.
- Help children set realistic goals.
- Allow children to develop their own interests by exposing them to a variety of activities.
- Teach children that it is OK to make mistakes.

### **BUILD ON FAMILY ACTIVITIES**

- Work together as a family to reach goals. Help each other on both individual and group goals.
- Share family discussion times. Encourage each family member to say something positive about every other family member.
- Practice catching someone in the act of doing some thing good.