

RaisingTM Readers

Resolution #1 for 2019

I will enjoy
reading where
my family can see.

Goal: Whether it's a book, magazine, or newspaper, show your children the importance of reading for the whole family. Chances are, they will model your behavior!

MaineHealth in collaboration with  **Northern Light Health**SM

Raising Readers is a statewide program funded by the Libra Foundation, led and administered by MaineHealth, in collaboration with Northern Light Health, and support from The Barbara Bush Children's Hospital at Maine Medical Center.

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Resolution #2 for 2019

I will unplug
and read.

Goal: Turn off your device and read
with your child 20 minutes a day.*
It doesn't have to be all in one sitting!

*The American Academy of Pediatrics recommends that children
younger than 18 months avoid screen-time and children **older than 2 years old**
should limit media to 1 hour or less each day of high-quality programming.

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Resolution #3 for 2019

I will make reading
a part of our
family routine.

Goal: Bring story time to life by creating activities, silly songs, or games related to that story. For inspiration, check out the “10 Ways to Explore this Book” in the back of your Raising Readers storybook or on our website!

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Resolution #4 for 2019

I will visit the
local library
with my children.

Goal: Sign up for a library card (it's free!) at your local library. Join in on a story hour and explore the children's book section. While you're there, don't forget to check-out books for you and your child.

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Resolution #5 for 2019

I will keep books
where my child
can reach them.

Goal: Make books as easy to reach as your child's toys. Keep books in a basket on the floor for crawlers and toddlers and on a low bookshelf for older children.

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