

RaisingTM Readers

Resolution #1 for 2020

I will make story time
fun and playful.

Goal: Mix up your child's favorite repeat book with some fun. Sing, dance or play while reading to make it enjoyable for everyone. For inspiration, check out the "10 Ways to Explore this Book" in the back of your Raising Readers story book or on our website!

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

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 2020

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 2020

I will introduce
DEAR Time to
our family.

Goal: DEAR Time stands for Drop Everything And Read. DEAR Time is a great way to step away from the chaos of the day, put aside all distractions and dive into your family's favorite book!

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Resolution #4 for 2020

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. The Raising Readers tote you got the day your baby was born makes a great library bag.

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Resolution #5 for 2020

I will fill wait time
with book time.

Goal: Whether you are waiting in line at the grocery store, a restaurant or the doctor's office, "wait time" is a great opportunity to pull out a book and share the love of reading with your child.

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Resolution #6 for 2020

I will make reading aloud a part of our daily family routine.

Goal: Storytime doesn't always have to happen snuggled up at bedtime. Try reading at meals, during bath times or even while brushing teeth! Show your child that books are a fun and important part of family life and routines by letting them see YOU reading a book too.

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