

# DAILY DOSE OF READING

Improving Literacy In Children  
By Empowering Families Through Reading And Language



## TRY AT HOME

4 EASY STEPS TO IMPROVE LITERACY BY INCREASING THE NUMBER OF WORDS YOUR CHILD HEARS

“My Healthy Self!”

### 1. TALK

- Use these words to help your child understand how s/he takes care of her/himself to stay healthy:
- check-up- a medical or health check to prevent illness
- pediatrician-a doctor who specializes in caring for children
- dentist- someone trained to practice treatment of tooth and gum disorders
- curious-inquisitive, interested or nosey!

### 2. SING

*Achoo! (Becky Valenick, Learning & Caring About Ourselves-Gayle Bittinger)*

*Tune: The Farmer in the Dell*

*Achoo! Achoo! Achoo!*

*Achoo! Achoo! Achoo!*

*When you sneeze use tissue, please.*

*Achoo! Achoo! Achoo!*

### 3. READ

Borrow these seasonal books from the library, or ask your friendly librarian for other titles.

- Eating the Alphabet by Lois Ehlert
- ABC Mindful Me by Christiane Engel
- Get Up and Go! by Nancy Carlson

### 4. PLAY

- Host a neighborhood Olympics! Include events that you see in the Olympics or make up your own games. Some ideas include: basketball shoot, Frisbee throw, softball throw, running races, tennis tournament, log rolling, somersault race, three-legged race, walking (backwards, sideways, on tiptoe, very slow), badminton or others.
- It is fun to include the children when determining the games that will take place. They have some great ideas!
- Before the Olympics events make these parent and child healthy snacks. Enjoy them after the fun!
- Banana Pops
- Ingredients:
- 3 bananas
- 6 Popsicle sticks
- ¼ c. peanut butter, softened
- ¼ c. chopped peanuts, walnuts, granola, crispy rice cereal or sunflower seeds
- Peel bananas. Cut them in half, width-wise. Push a Popsicle stick through the cut side. Spread with peanut butter, and then roll in nuts, cereal or seeds. Wrap in waxed paper and freeze for 3 hours.