

Welcome 2019! The new year is here and it's time to work on some new "healthy habits" for your family. Family time is so important. Why not make reading and math part of this valuable time with your kids? You and your children will be so "fit" in math and reading that people will ask, "Have you been working out?". 20 minutes a day is all it takes to become better at reading and math!

## Reading With Your Child



When You Think You're Done, You've Just Begun!

Get the conversation started!!

After enjoying a book with your child, whether he reads to you, or you read to him, continue the experience by asking:

- \* What did you notice about the story?
- \* Does this book remind you of anything?
- \* What have you been wondering as you read?
- \* Does this book make you think of anything else you've read?
- \* What was your favorite part?
- Were there any parts that surprised you?
- What are you going to read next?

•Adapted from Johnson and Keier, "Catching Readers Before They Fall"

• Graphics by Thistle Girl

# How can I help my child with **MATH**?

Count your steps as you take a walk. Count by 1's, 2's, 5's, and 10's.

Give your child story problems to try and solve. Have your child explain how to solve the problem.

Let your child help you cook. Cooking involves a lot of counting and measuring.

Help your child learn math vocabulary.

Give your child coins to practice counting money.

Have children point out patterns they find.

Show your child that math is in our everyday lives.

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