

## How Important is Reading to Your Child?

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When an Albert City-Truesdale 4th grade student told me how much he enjoys his father reading to him, I was quite touched. What a wonderful thing for a father (or any member of a family) to do with his child! Most of us know it's important to read aloud to our young children, but it's just as important to keep reading to them throughout their elementary years. Research shows that reading to your child for 15 minutes every day is the single most important activity you can do.

Just 15 minutes of reading a day

- Promotes brain development
- Builds vocabulary
- Strengthens writing skills
- Increases analytical thinking
- Improves focus, concentration, and memory
- Leads to greater success in the classroom
- Relieves stress
- Fosters empathy and
- Creates stronger family relationships.

Starting in infancy and continuing through grade school, you can help your child be more successful in life by just finding the time to read to them.