

Use It or Loose It: What Reading and Exercise Have in Common

I huffed and puffed through my workout class yesterday. I only missed a couple weeks but I paid with tired muscles and embarrassing gasps for breath. I'm always amazed at how quickly physical fitness can be lost.

Reading is similar. Experts say that school children need to read at least six books during the summer to maintain their reading level. Unfortunately, during beautiful summer days, reading and writing can be overlooked. It is important to keep the learning momentum going.

Here are some ideas:

- Read bedtime stories as usual, and try to keep a reading routine
- Take favourite children's books with you to read in the tent, on the beach, at the motel or at Grandma's
- At the beach, draw or write in the sand, make your child's name with shells or sticks
- With your children collect interesting things from nature and check them out in a field guide or fact book
- Encourage relatives and friends who travel to send postcards to your children; children can write and send postcards to friends and relatives
- Visit the library or check out library websites to learn about summer reading programs
- Trade books with friends to keep your collection fun and interesting
- Call the nearest Ontario Early Years Centre to find out about early learning programs for young children and their parents

Have a great summer!!