



# Texas BookShare

Together, Texas Medical Association Alliance and Leaders Readers Network are promoting literacy and healthy habits for Texas families.

[TexmedAlliance.org](http://TexmedAlliance.org)

*Thank you for participating in the* **Texas BookShare!**

We hope that you and your child(ren) enjoy reading and discussing healthy habits together. We encourage you to read and use the early literacy and healthy habits tips with your family.

## **HEALTHY HABIT TIPS**

**Talk about healthy habits with your kids:**

- 1** Find children's books related to healthy habits and read them with your child.
- 2** Model healthy habits yourself (ex. washing your hands)
- 3** Go for a walk before or after dinner. Great way to catch up after a long day at school and work.
- 4** Make drawings/signs with your child about healthy habits to be placed around the house.
- 5** Explain the importance of healthy habits for a healthy life.

## **READING TIPS**

**Encourage reading with your kids:**

- 1** Make a routine to read every day at the same time.
- 2** Take your children to the library, and have them pick the books.
- 3** Read during meal time. Then talk about the book while eating dinner.
- 4** Read outside with your children... at the park, in the backyard, on a porch.
- 5** When your child gets home from school, ask them to read for 10-15 minutes before they do anything else.

