

# November

## DID YOU KNOW...

... health is about more than just nutrition, sleep and fitness? Mental health physical, financial or occupational. However, one aspect of health that you don't hear much about is *social* health. Things like access to quality education and healthcare, economic stability, healthy neighborhoods and building strong communities and families. Studies show that reading to young children improves their language and literacy skills, and it's linked to both better behavior and better health and stronger bonds between parent and child.

**IMPORTANCE OF READING ALOUD WITH YOUR CHILD**

Research shows that reading aloud to children gives them a head start on language and literacy skills, as well as provides support in the relationship between parent and child.

**85%** 85% of children who are read aloud to say it is a special time with their parent. 92% of parents say it is a special time with their child. (Schoats)

**Expand**

Kids' auditory comprehension is higher than their reading comprehension. Exposing them to more challenging books expands their vocabulary. (Bright)

**73%** 73% of parents reported reading aloud to their child before their first birthday. (Schoats)

**7 Days** 62% of parents with kids ages 3-5 read aloud 5-7 days a week. (Washington Post)

**Keep it going! Foster**

There is a drop in parents reading aloud after age 5. It's still important to read aloud to children in the early elementary levels. (Washington Post)

Children will associate books with pleasure, which fosters a lifelong love of reading. (Read Aloud 15 Minutes)

**LEARNING IS FOR EVERYONE!**

#LearningIsForEveryone capstone capstonepub.com

# Want to start but don't know how?

Try these tips from the New York Public Library:

1. All reading is good reading! (Yes, even comics or nonfiction!)
2. Find a comfortable space. (Being cozy creates loving connections)
3. Slow down.
4. Ask and answer questions together. (and if you don't know.. It's okay to say that!)
5. Be yourself.
6. Read ahead (so you know what happens in the story and can prepare)
7. Embrace wordless picture books.
8. Don't worry about age or grade level.
9. You don't have to finish a book. (especially if your \*audience\* isn't interested)
10. Make reading aloud part of your routine.

# Health and Wellbeing Events

CENTRAL	LUCILLE H. BLUFORD	PLAZA
<ul style="list-style-type: none"> <li>• Creative Wellness and Recovery Group (Saturdays, 11 a.m., Room 314)</li> <li>• Mindful Movement Qigong (Every Wednesday, 5:30 p.m., Room 314)</li> <li>• Relax in the Stacks Meditation (11/07 and 11/21, 12 p.m., Helzberg Auditorium)</li> <li>• Yoga for Connection (11/07, 1 p.m., Helzberg Auditorium)</li> </ul>	<ul style="list-style-type: none"> <li>• NickiFit Body Sculpt (Every Tuesday, 6 p.m.)</li> <li>• NickiFit MixedFit (Every Thursday at 6 p.m.)</li> <li>• Mindfulness of Taste (11/18, 12 p.m.)</li> <li>• Mindfulness of Smell (11/25, 12 p.m.)</li> </ul>	<ul style="list-style-type: none"> <li>• Fall Yoga Series (Every Wednesday, 6 p.m.)</li> <li>• Death Café (11/13, 7 p.m.)</li> </ul>
IRENE H. RUIZ	NORTHEAST	SUGAR CREEK
<ul style="list-style-type: none"> <li>• Yoga (Every Thursday, 9 a.m.)</li> </ul>	<ul style="list-style-type: none"> <li>• TempleMade Youth Fitness (Every Wednesday 5:30 p.m.)</li> <li>• Yoga (Every Thursday 6:30 p.m.)</li> <li>• Smooth Sailing: Navigating Brain Health (11/30, 9 a.m.)</li> </ul>	<ul style="list-style-type: none"> <li>• Medicare and SNAP Questions Answered (11/19, 3 p.m.)</li> </ul>
SOUTHEAST	TRAILS WEST & WESTPORT	WALDO
<ul style="list-style-type: none"> <li>• Cooking Matters (Every Wednesday, 1 p.m.)</li> <li>• Smooth Sailing: Navigating Brain Health (11/15, 11 a.m.)</li> <li>• Medicare 101: Get the Basics (11/18, 5 p.m.)</li> <li>• Death Café (11/26, 4 p.m.)</li> </ul>	<ul style="list-style-type: none"> <li>• Check back next month!</li> </ul> <p>*Events intended for those 18 and older</p> <p>Programs at the Kansas City Public Library are appropriate for all ages unless otherwise indicated. Please contact the library at least three days in advance for ADA accommodations at 816.701.3409 or ADA2kclibrary.org (866.520.7309 for Spanish).</p>	<ul style="list-style-type: none"> <li>• MixedFit (Every Monday, 6 p.m.)</li> <li>• Medicare Made Easy (11/25, 5 p.m.)</li> </ul>