

## Read, Read, Read (January 2013)

As we settle into the New Year, we all get to work on our resolutions. Many of us resolve to live healthier in 2013. Through exercise and healthy eating, we hope to get our body into better shape. Part of a healthy life is a healthy mind. Frequent reading improves fluency and comprehension and expands vocabulary. Reading can entertain, inform and inspire. Provide your mind with daily nourishment, read every day. Here are some tips to get you started:

\* **Make time for reading.** Devote at least ten to twenty minutes each day to reading. Pick a time when you are awake and alert so that you can absorb what you are reading. Read while you eat breakfast, while you walk on the treadmill, at lunchtime, or before bed. If you take public transit or get driven to work or school, take the time to get some reading in.

\* **Don't try to tackle too much at once.** Mountain climbers don't get up one day and climb Mt. Everest. They work for years, training on smaller mountains, building strength and endurance. Don't tackle a huge novel all at once. If 1000 pages of text makes you squirm, try reading short stories or articles.

\* **Find something interesting to read.** Don't force yourself to read something that doesn't interest you (unless, of course it is for work or school). Scan the newspaper for an interesting article and read through it, or read the Funnies, Dear Abby or Op Ed sections in the paper. Think about a question you have and Google the answer. Read a favorite comic book or graphic novel. For a little inspiration, read the articles in the *Dyslexia Newsroom*.

\* **Read in your field.** If you are a student, read in your favorite subject. If you are a reading teacher, read about reading. You can find some suggestions on the NJIDA website.

\* **Create some anticipation to make reading more exciting.** Try stopping at an exciting point in the story so that you can't wait to read again to find out what happens. Find a magazine about a topic that interests you. Before you know it, you will be checking the mail daily, waiting in anticipation for that next edition to arrive.

\* **Read together.** If you are a teacher, incorporate some time for free reading into weekly lessons. If you are a parent, have a family reading night, where you cuddle up together and read. Take turns reading from a story, or sit together, each reading your own piece of text. This will help foster a culture of reading in your students or children.

\* **Make use of the available technology.** E-Readers, Audiobooks, Text Readers and other technologies can help make text more accessible. Check out last month's tip, *Think Digital*, for ways to incorporate technology into your daily dose of reading.