



## **Developmental Assets**

### **There are 40... How many does your child have?**

#### **Asset #25 – Reading for Pleasure**

Family Literacy Day is this month and therefore it seems timely to highlight Asset #25, Reading for Pleasure. Many of you have probably been enjoying books received during the holiday season. Did you know that reading for pleasure at least three hours per week (that's only 26 minutes per day) is one of 40 Developmental Assets, together which, are proven to prevent substance use, depression, and a variety of other social problems? Search Institute surveys indicate that only 22% of young people have this asset. Reading can open up a new world, transport you to far away lands, bygone eras, or lives only dreamt of.

***Inspire young people to read for pleasure  
and they will have a far richer life!***

Ways to promote a reading friendly environment:

- ❖ Read to infants soon after they are born – it doesn't matter what you read, it is the sound of your voice and the quiet time you spend together that is important.
- ❖ Find picture books that don't have any words and have your preschooler tell you a story to go along with the pictures.
- ❖ Choose reading materials that expose children to new experiences, ideas and cultures.
- ❖ Not all children are natural readers – find books that will get them excited about reading based on their interests – some kids like mystery, adventure, science, sports or comic books. Teachers and librarians are a wealth of knowledge in suggesting age-appropriate books.
- ❖ Read aloud to children, even when they can read themselves. Have children read aloud to you too.
- ❖ Establish a reading nook or place with comfortable chairs, good lighting and lots of books.
- ❖ Set aside special time daily for reading. Some families set aside half an hour of quiet time before bed in which everyone reads together or separately.
- ❖ Visit the library regularly and try visiting second hand bookstores when you are on holidays to show the value of books to your family.
- ❖ As an adult, devote time to your own reading skills through a literacy tutor, class or book club. Spend half of your lunch hour reading for pleasure.