

Fabulinus: en-route to knowledge...



As a Parent, you know that your child's early years are the most crucial ones!

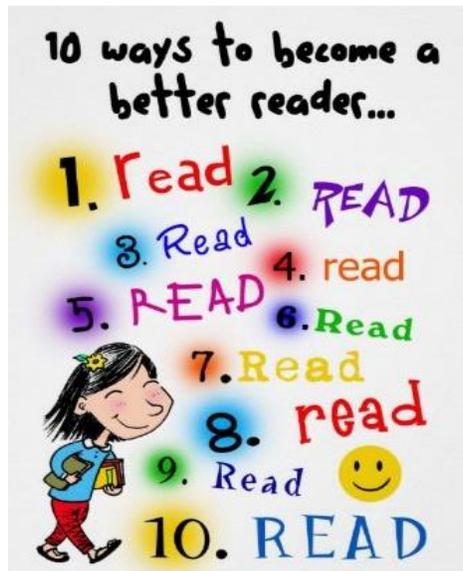
- Have you been dismayed with the number of hours your kids spend watching TV?
- Have you wondered how to keep them engaged at home with productive activities?
- Have you wished for quality family bonding time with your kids?
- Did you know that you can do simple things at home to help your child develop good reading habits?

Your child can start developing good reading habits at home before he/she even learns to read. This edition of our newsletter aims to provide our parents with some simple tips to help raise a reader. Being exposed to these tips, our children will become stronger readers and students.



Tips to help young kids cultivate good reading habits

- **Read Yourself:** Kids learn from what they observe. Right from the very beginning if your child sees you reading, he/she will automatically get into the habit of reading books.
- **Keep reading materials** accessible in the house. It will increase your child's access to books and printed material.
- **Respect Books:** Teach your child to respect and love books. This means motivate him or her to keep the books in place after he finishes reading them.
- **Take trips to the library:** It will give your child a chance to see other kids reading and to develop good reading habits.



- **Do not put pressure on your child** if he/she does not feel like reading sometimes.
- **Give Books as Presents** to your child on special occasions like birthdays.
- **Discuss what he has read:** When your child finishes a new story, discuss the main ideas, new words, concepts and your child's favorite section.
- **Attend Book Fairs:** Try to take your child along with you to book fairs and let him/her select few books.
- Make every possible effort to **converse in English** so that your child picks up the language early and easily.

Developing love and habit for reading starts at an early age!

Choosing a child's book is a match-making process because not all children will love the same books.

Sl no.	Name of the Book	Author
1	Madagascar	
2	The Very Hungry Caterpillar	Eric Carl
3	Chicka Chicka Boom Boom	Bill Martin Jr.
4	Where the Wild Things Are	Maurice Sendak
5	The Jungle Book	Rudyard Kipling
6	Fairy Tales	

A book is an unlimited investment in the human mind and spirit. Its selection deserves thoughtful attention.





Reading is fundamental...

Parents have the power to boost their children's learning potential simply by making books an integral part of their lives. Below are some benefits that highlight the importance of reading to children between the ages of two and five.

- **Cultivates imagination:** We as children loved to read (it was before we had cable connection in televisions) because our imagination provided the visuals. Now with so much media entering in our lives their ability to use their precious imaginations will weaken. Stories, no doubt help in improving their imagination and reasoning skills.
- **Creates a bond:** For kids there is nothing cozier than listening to their mom or dad reading stories to them. Reading will become a nurturing activity that will bring the two of you closer together.
- **Encourages love for reading:** Reading story books to children help in developing their love for reading. Children get involved in books and reading becomes a part of their daily routine.
- **Enhances early language skills:** Reading aloud builds word-sound awareness in children, a potent predictor of reading success. It also builds motivation, curiosity, and memory.
- **Establishes a habit:** When you end your child's day with bedtime stories, that special time will become a habit and part of their life. Reading to your kids, turns them into readers.
- **Open the doorway to writing:** Out of reading comes writing. We can't write until we can read. By reading to your children, you are preparing them for writing.
- **Builds stronger foundation for school success:** Reading aloud in the early years exposes children to story and print knowledge as well as rare words and ideas not often found in day-to-day conversations or screen time. It gives children the opportunity to practice listening.
- **Adjustment to new experiences:** As your child approaches a major developmental milestone or a potentially stressful experience, sharing a relevant story is a great way to help ease the transition. For instance, if your little one is nervous about an activity, reading a story dealing with this topic shows him that his anxiety is normal.

Books have the power to benefit toddlers and preschoolers in a myriad ways. As a parent, reading to your child is one of the most important things you can do to prepare him with a foundation for academic excellence.

Reading relieves stress...

Reading can be a wonderful escape from the stress of everyday life. And it works better and faster than other methods to calm frazzled nerves such as listening to music, going for a walk or settling down with a cup of tea. Psychologists believe this is because the human mind has to concentrate on reading and the distraction of being taken into a literary world eases the tensions in muscles and the heart.

The research was carried out on a group of volunteers by consultancy Mindlab International at the University of Sussex. They had increased stress levels and heart rate. They were then tested with a variety of traditional methods of relaxation. Reading worked best, reducing stress levels by 68 per cent, said cognitive neuropsychologist Dr. David Lewis.

Dr. Lewis, who conducted the test, said: "Losing yourself in a book is the ultimate relaxation. It really doesn't matter what book you read, by losing yourself in a thoroughly engrossing book, you can escape from the worries and stresses of the everyday world."

Set aside 30 minutes to read every day in a quiet place where you won't be interrupted. It will allow your imagination to run free, leaving you refreshed and invigorated. The more you read, the more you will want to read because you will quickly discover its short and long term stress reducing benefits. It fills the brain with knowledge, builds a better memory and improves writing skills, but to learn that reading can also reduce our stress levels is even more exciting!

Reading: a foundation for success...

As teachers, we are passionate about cultivating a love of reading for our students. We want to ensure that our students love reading. It is our mission to make our students avid readers. Here are some activities that are conducted in the school to inculcate good reading habits in students:

- Reading material is readily available at the Reading Center, MI Activity Room.
- Class Library is maintained in classrooms wherein story books are issued to students on weekends for reading.
- Kids are given story books as prizes on various events/competitions.
- Organize a Book Fair annually in School wherein students are exposed to books and authors are invited to speak to them and narrate stories.
- Use media and technology to encourage children to read.
- Sight words are displayed all around the classroom for children to read.

Reading Problems

- **Reading Deficiency:** A mild to severe retardation in learning to read which is disparate with the individual's general intelligence and with his cultural, linguistic and educational experience.
- **Reading Retardation:** Originally used to designate the condition of all children whose reading was significantly below age and grade norm, regardless of the children's potential or intelligence.
- **Reading Disability:** It refers to retarded readers whose mental ability should enable them to read considerably better than they do. This is synonymous with reading deficiency.
- **Underachiever in Reading:** Restricted to those whose reading performance is not below age and grade standards but who are judged to be functioning significantly below their own potential level in reading. It is used broadly to designate the slow learner, the disabled reader, the bright underachiever, the reluctant reader, and the culturally or socially deprived pupil.
- **Dyslexia:** Defective reading which may represent loss of competency following brain injury or degeneration, or a developmental failure to profit from reading instruction. It is often genetically determined.
- **Primary Reading Retardation:** It refers to an impairment of capacity to learn to read which, although there is no brain damage, this is based on a constitutional pattern of disturbed neurological organization.
- **Secondary Reading Retardation:** It refers to a reading disability for which the causation is mainly environmental or external.

Strategies to improve reading skills:

- Play word games.
- Read aloud every day
- Model reading as an enjoyable activity.
- Put learning to use.
- Listen to books.
- Read to your child every night
- Engage children's senses while learning.



Did you know??

- The most expensive book in the world has only 13 pages, but it has a worth of about 153 million Euros. The title of the book is 'The Task'.
- Reading can make you better conversationalist.
- Reading for as little as six minutes helps reduce stress levels by 68%.
- If you read just 15 minutes a day, in one year you will have read over 1,000,000 words. It adds up!
- If you read one book a week, starting at the age of five, and live to be 80, you will have read a grand total of 3900 books, a little over one-tenth of 1 percent of the books currently in print.
- Reading can help prevent Alzheimer's disease.
- Abibliophobia is the fear of running out of reading material.
- Dinosaurs didn't read. Look what happened to them!



It's called **reading**.
It's how people install new software into their brains.