

Ready to Read

An Early Literacy Newsletter

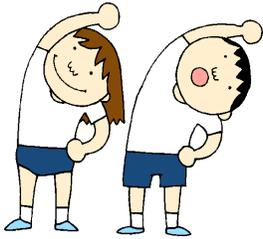
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Healthy Reading, Healthy Kids



Now that the school year is beginning, it is a good time to review basic healthy habits with children. Children need to learn that good hygiene, regular doctor and dentist visits, nutrition and exercise will help them stay healthy.

One habit which health professionals always recommend is frequent hand washing. This will stop germs from spreading and making a child sick. If a child becomes unwell, identifying symptoms and staying home to recover are practices that help contain the spread of illness. If they have to go to the doctor or dentist, remember that many children are nervous about these visits. You can ease their fears and prepare them by reading books about going to the doctor or dentist. Eating a well-balanced diet keeps children

healthy, energized and focused. Some children need to be exposed to new foods multiple times before they acquire a taste for it. Books about different food groups will introduce children to new foods.

Don't forget the importance of exercise. It is vital for growing bodies and minds. The key is to find exercise activities that children enjoy and to ensure that children get at least sixty minutes of physical activity daily.

Fairfax County Public Library has resources you can use with children about healthy habits. For more information, visit our website www.fairfaxcounty.gov/library/preschoolers and click on "Early Literacy Resources."

- article written by Jane Girondo, Early Literacy Assistant

Healthy Reading Library Books

Find these and other health-related books at your neighborhood library branch.

Nutrition

Edible Numbers by Jennifer Vogel Bass

A counting book featuring an array of familiar and unfamiliar fruits and vegetables.

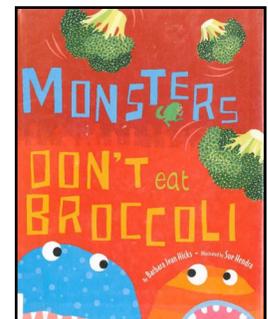
Good Morning Little Fox by Marilyn Janovitz

Little Fox and his father enjoy spending Saturdays doing things together, and one Saturday they discover that they also enjoy porridge.

Monsters Don't Eat Broccoli

by Barbara Jean Hicks

Illustrations and rhyming text reveal how imagination can spice up healthy meals.



Using MyPlate by Rebecca Rissman

Simple text and photographs present the foods that are part of the MyPlate balanced diet and their nutritional importance.

"Healthy Reading Library Books" continued on page 2

"Healthy Reading Library Books" continued from page 1

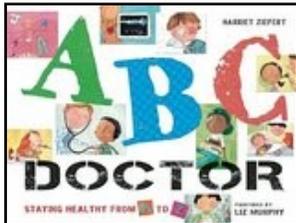
Victor Vito and Freddie Vasco: Two Polar Bears on a Mission by Laurie Berkner

Two polar bears take a road trip across the United States to find exciting new foods to serve at their Klondike Café.

Healthy Habits

ABC Doctor by Harriet Ziefert

This book takes children on an informative and reassuring tour of the typical equipment, conditions and procedures they are likely to experience during visits to the doctor.



Blow Your Nose, Big Bad Wolf by Steve Smallman

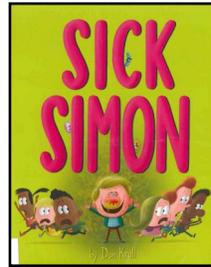
When Big Bad catches a cold, he politely asks three little pigs for a tissue.

Brush, Floss, and Rinse: Caring for Your Teeth and Gums by Amanda Doering Tourville

This book is about how to care for your teeth.

Here Comes the Tooth Fairy Cat by Deborah Underwood

Cat tries to trick the Tooth Fairy, but he meets his match in a mischievous mouse.



Sick Simon by Dan Krall

By not covering his mouth or washing his hands, Simon spreads his cold to his teacher and classmates, much to the delight of three germs named Virus, Protozoa and Bacteria.

Exercise/Yoga

ABC of Yoga Kids by Teresa Anne Power

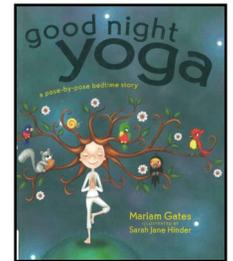
Using the alphabet, rhyming vignettes and colorful illustrations, children are introduced to yoga in a kid-friendly way. Features fifty-six different poses.

Get Up and Go! by Nancy Carlson

Text and illustrations encourage readers, regardless of shape or size, to turn off the television and play games, walk, dance and engage in sports and other forms of exercise.

Good Night Yoga by Mariam Gates

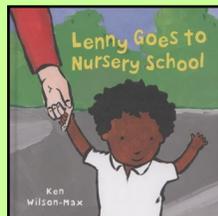
Both a bedtime story and a series of simple poses for following the natural world as it comes to rest at day's end.



You Are a Lion by Taeun Yoo

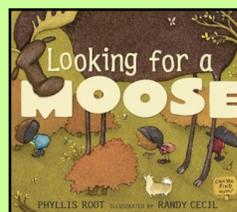
Children pretend to be many different animals as they do various yoga poses.

Diversity Books of the Month



Lenny Goes to Nursery School

by Ken Wilson-Max
It's Lenny's first day at nursery school – and it's fun! Lenny does lots of exciting things and makes new friends. This book features diverse characters and a bi-racial family. *Appropriate for ages 2-5*



Looking for a Moose by Phyllis Root

Four children hunt for an elusive moose through woods, swamps, bushes and hills. This book features racially diverse characters. *Appropriate for ages 3-5*

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