

IMPACT

on HEALTH & WELLNESS for FAMILIES

FAMILY VOICES®
...keeping families at the center
of children's health care

CHILD DEVELOPMENT

June 2013



With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health.

www.familyvoices.org and www.brightfuturesforfamilies.org.

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FAMILY VOICES®

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Let's Read a Book!

Which kind of children's book do you think builds better language skills: a wordless picture book or a picture vocabulary book? Researchers found that parents who "read" a wordless book to a young child talk in more complex sentences. They are also more likely to ask the child questions like "What do you think will happen next?"

When parents read a picture vocabulary book, they typically just name the picture and don't engage the child in conversation about the object.

Building vocabulary is more than just learning new words, but also learning to use the words in context. Picture-based conversations get children thinking creatively. "What comes next?" questions helps teach cause and effect--and can be fun for the whole family!

To read this study, go to: <http://www.childstudies.uwaterloo.ca/papers/NyhoutONeill.pdf>

Top 25 Picture Books

Here's a list of the top 25 picture books as chosen by teachers, authors, and children's literature experts. The list includes chapter books for older children--and still make good family reading! Are your favorites on the list?

To see the list, go to:

www.scholastic.com/teachers/article/teachers-picks-top-25-picture-books

Books for English Language Learners

Colorín Colorado is a resource for families learning the English language, and their teachers. You'll find reading tips and book suggestions as well.

Go to: www.colorincolorado.org

Check out Starfall for phonics fun for beginning readers at: www.starfall.com

Health and Wellness Fun Books for Kids

The Substance Abuse and Mental Health Services Administration (SAMHSA) has a series of free downloadable colorful books that encourage healthy behaviors like getting enough physical activity and eating healthy food. Check them out at: www.bblocks.samhsa.gov/store/

Eagle Books from the Centers for Disease Control (CDC)

These four children's books were developed to encourage traditional ways to be healthy for Native American families. To read more and to order copies, go to: www.cdc.gov/diabetes/projects/ndwp/ebtoolkit/index.html

