

# Family Reading Fun



There has been a recent surge in popularity of the Mindfulness movement. Mindfulness is defined as the process of bringing one's attention to experiences occurring in the present moment. As we get swept up in the craziness of the back to school season, it is easy to forget to be mindful. As the new school year begins, here are a few ideas that may help you to be present and fully enjoy the precious moments that you are able to spend with your family:

- Take advantage of the moments you have with your child by adding conversations into daily routines such as breakfast, chores, after school time or bed.
- Be present with your child. Value your face to face time. Focus on what you are doing with your child. Try to put your phone away and ignore other distractions.
- Verbalize with your kids what is happening in your daily life. For example when driving in a car say, "I see a red light. That means I need to stop." As you are going for a walk say, "Look at that bird. I think it is getting grass for its nest."
- Create and/or keep bedtime routines including story telling or reading books before bed.
- Ask your children about their day. Be careful not to ask yes or no questions. Ask questions like; What was your favorite part of the day? What did you do today in gym class? What did you eat for lunch?

According to clinical social worker Carla Naumburg, Ph.D, "Ultimately, mindfulness and mindful parenting are about choosing, again and again, to come back to what is happening right here and right now, with kindness and curiosity." We hope that when you find time to be present that it is rewarding for you and your family.

## Family Tips



When visiting the library and selecting books, remember your child is not just a reading level or number. Keep in mind your child's passion when selecting books. In addition, remember your child is never too old to be read aloud to. For more ideas on how to create a literacy rich home, check out the Families and Literacy resources on the WSRA website ([www.wsra.org](http://www.wsra.org)).



# Author Spotlight



## Benji Davies

An illustrator, author and animation director, Benji Davies wears many hats. He is the recipient of many awards such as the World Illustration Award, Oscar's Book Prize, and the Dutch Picture Book of the Year in 2017 to name a few. Two of his award winning books include Grandad's Island and The Storm Whale. Davies's website offers a wealth of information. There is even a tips page for illustration students seeking advice. Davies lives in East London with his wife Nina. Visit [www.benjidavies.com](http://www.benjidavies.com) to find out more about this wonderful author/illustrator.

# Technology Corner



The Wisconsin State Reading Association offers great resources for families. Want to know why to read to your child? Go to Youtube and search for the Wisconsin State Reading Association. Watch their video, *The Power Of Reading to Your Child*. Looking for more resources? Go to [www.wsra.org](http://www.wsra.org). Click on the Families and Literacy tab. Check out monthly calendars of activities as well as quarterly newsletters.

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