

Read to Live, Live to Read!

Whether your child prefers playing basketball or video games, her physical health is important. The newspaper offers many opportunities for you to help your child increase her health literacy.

True health literacy means more than understanding the basics about health and includes many of the “other” literacy skills: reading, writing, listening, speaking, comprehension and math. Try some of these activities to improve your children’s health literacy—and their health in general.

Information Is Power. Where does your child get most of his health-related information? While school might be one source of information, there are many other resources available, including the newspaper. Look for articles of interest to your child—perhaps a story about wearing bike helmets, or the latest fad diet. Help your child look up more information on the Internet or at the library, and let him know that parents, doctors and other trusted adults can help him understand the complicated issues surrounding health.

Make It Adventurous.

It’s one thing to ask your child to go for a walk with you, but it’s a lot more fun to plan an adventure. Read the newspaper together and look for a special place to go for a walk—maybe there’s a new park or museum, or a sidewalk sale at the local mall. Talk about what shoes and clothing you should wear for safety and comfort on your walk. If you’re planning an outdoor adventure, be sure to check the weather forecast in the newspaper.

You Are What You Eat. Using coupons and grocery advertisements, build a food pyramid with your child. What foods can you find that fit into the breads and grains category? Fruits? Vegetables? Dairy? Protein? You might even paste the coupons and ads you find on a piece of construction paper and hang it on the refrigerator as a reminder of the major food groups.

