

# Read Together, Grow Together



A group health promotion program for parents, teachers, and care partners

## Description

Reading to young children improves their language and literacy skills, and it's linked to both better behavior and better health. Reading out loud is also a way for parents and children to share routines and regular positive interactions.



## Quality of Life

Reading enhances a child's ability to communicate, learn, and interact socially. For families, it strengthens parent-child relationships, building a foundation for better life satisfaction and emotional well-being.

## Objectives

- **Understand the Benefits:** Describe at least three developmental and relational benefits of reading with children regularly.
- **Recognize Barriers & Solutions:** Identify common challenges that prevent families from reading together and brainstorm realistic strategies to overcome them.
- **Learn Engagement Strategies:** Practice at least two interactive reading techniques (e.g., using voices, asking questions, involving children in storytelling).



## Family Goal



**Commit to action and start reading together!**