

Health Hints

Basic literacy skills develop in childhood and continue to improve over one's lifetime. Children gain literacy skills naturally at home and when they attend formal programs.

What can you do to support literacy?

- Read **to** your child, and once they can read, continue to read **with** them
- Be a role model; let your child see you enjoying reading
- Sing songs, play games and listen to audio books together to develop literacy skills
- Visit the library often. If there are lots of books at home your child is more likely to read
- Limit screen time
- Attend local Family Literacy Day events which are held every year on January 27th

Did you know ...

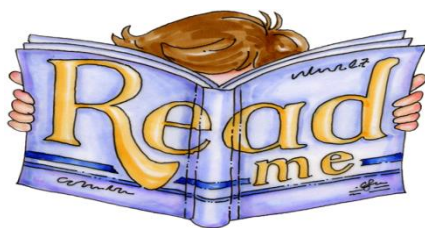
42% of Canadian adults between the ages of 16 and 65 have low literacy skills.

Low literacy:

- Affects the ability to get a job that pays a living wage
- Limits a person's control over their lives and the ability to make good choices
- Can affect a person's overall health

Investment in literacy programs has a 241% return rate

From: <http://www.literacy.ca/literacy/literacy-sub/>



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