



Family Support Services
OF NORTH FLORIDA INC.

If reading is a habit you'd like to get into, there are a number of ways to cultivate it.

First, realize that reading is highly enjoyable, if you have a good book. If you have a lousy book (or an extremely difficult one) and you are forcing yourself through it, it will seem like a chore. If this happens for several days in a row, consider abandoning the book and finding one that you'll really love.

Other than that, try these tips to cultivate a lifetime reading habit:

Set times. You should have a few set times during every day when you'll read for at least 5-10 minutes. These are times that you will read no matter what — triggers that happen each day. For example, make it a habit to read during breakfast and lunch (and even dinner if you eat alone). That's a great start, and by itself would be an excellent daily reading habit. But there's more you can do.

- **Always carry a book.** Wherever you go, take a book with you. When I leave the house, The book stays with me in the car, and I take it into the office and to appointments and pretty much everywhere I go, unless I know I definitely won't be reading (like at a movie). If there is a time when you have to wait whip out your book and read. Great way to pass the time.
- **Make a list.** Keep a list of all the great books you want to read. Be sure to add to it whenever you hear about a good book, online or in person. Keep a running list, and cross out the ones you read.
- **Find a quiet place.** Find a place in your home where you can sit in a comfortable chair and curl up with a good book without interruptions. There should be no television or computer near the chair to minimize distractions, and no music or noisy family members/roommates. If you don't have a place like this, create one.
- **Reduce television/Internet.** If you really want to read more, try cutting back on TV or Internet consumption. This may be difficult for many people. Still, every minute you reduce of Internet/TV, you could use for reading. This could create hours of book reading time.
- **Read to your kid.** If you have children, you must, must read to them. Creating the reading habit in your kids is the best way to ensure they'll be readers when they grow up ... and it will help them to be successful in life as well. Find some great children's books, and read to them. At the same time, you're developing the reading habit in yourself ... and spending some quality time with your child as well.

- **Keep a log.** Similar to the reading list, this log should have not only the title and author of the books you read, but the dates you start and finish them if possible. Even better, put a note next to each with your thoughts about the book. It is extremely satisfying to go back over the log after a couple of months to see all the great books you've read.
- **Go to used book shops.** My favorite place to go is a discount book store where I drop off all my old books and get a big discount on used books I find in the store. And it is very fun to browse through the new books people have donated. Make your trip to a used book store a regular thing.
- **Have a library day.** Even cheaper than a used book [shop](#) is a library, it's free of course. Make it a weekly trip.
- **Read fun and compelling books.** Find books that really grip you and keep you going. Even if they aren't literary masterpieces, they make you want to read — and that's the goal here. After you have cultivated the reading habit, you can move on to more difficult stuff, but for now, go for the fun, gripping stuff.
- **Make it pleasurable.** Make your reading time your favorite time of day. Have some good tea or coffee while you read, or another kind of treat. Get into a comfortable chair with a good blanket. Read during sunrise or sunset, or at the beach.
- **Set a high goal.** Tell yourself that you want to read 50 books this year. Then set about trying to accomplish it.
- **Have a reading hour or reading day.** If you turn off the TV or Internet in the evening, you could have a set hour (perhaps just after dinner) when you and maybe all the members of your family read each night. Or you could do a reading day, when you (and again, your other family members if you can get them to join you) read for practically the whole day. It's super fun.

“To acquire the habit of reading is to construct for yourself a refuge from almost all the miseries of life.” — W. Somerset Maugham

OCTOBER is National Book Month

Take the time to help your child

FALL INTO A GOOD BOOK

Below are lists for beginners to grade 5

Beginning Readers (Grades K–2)

A Balloon for Isabel. Deborah Underwood. Ill. Laura Rankin. Greenwillow.
Banana! Ed Vere. Henry Holt.
City Dog, Country Frog. Mo Willems. Ill. Jon J Muth. Hyperion.
Daddy's Little Scout. Janet Bingham. Ill. Rosalind Beardshaw. Cartwheel.
Dogs Don't Do Ballet. Anna Kemp. Ill. Sara Ogilvie. Simon & Schuster Children's.
Even Monsters Need Haircuts. Matthew McElligott. Walker Books for Young Readers.
Frankie Stein Starts School. Lola M. Schaefer. Ill. Kevan Atteberry. Marshall Cavendish.
Furious George Goes Bananas: A Primate Parody. Michael Rex. G.P. Putnam Juvenile.
Hattie the Bad. Jane Devlin. Ill. Joe Berger. Dial.
Hot Rod Hamster. Cynthia Lord. Ill. Derek Anderson. Scholastic.
How Rocket Learned to Read. Tad Hills. Schwartz & Wade.
If you're a Monster and You Know It. Rebecca Emberley and Ed Emberley. Orchard.
Is Your Buffalo Ready for Kindergarten? Audrey Vernick. Ill. Daniel Jennewein. Balzer & Bray.
Let's Save the Animals. Frances Barry. Candlewick.
Little Pink Pup. Johanna Kerby. Putnam Juvenile.
Memoirs of a Goldfish. Devin Scillian. Ill. Tim Bowers. Sleeping Bear.
Miss Brooks Loves Books! (And I Don't). Barbara Bottner. Ill. Michael Emberley. Knopf.
Mr. President Goes to School. Rick Walton. Ill. Brad Sneed. Peachtree.
Pete the Cat: I Love My White Shoes. Eric Litwin. Ill. James Dean. HarperCollins.
Roly Poly Pangolin. Anna Dewdney. Viking Juvenile.
Shark vs. Train. Chris Barton and Tom Lichtenheld. Little, Brown.
Taking Care of Mama. Mitra Modarressi. Putnam Juvenile.

Young Readers (Grades 3–4)

Amazing Greek Myths of Wonder and Blunders. Mike Townsend. Dial.
Animal Rescue Team: Gator on the Loose! Sue Stauffacher. Ill. Priscilla Lamont. Knopf.
Babymouse #12: Burns Rubber. Jennifer L. Holm and Matthew Holm. Random House.
Bad Kitty vs. Uncle Murray: The Uproar at the Front Door. Nick Bruel. Roaring Brook.
The Bat's Cave: A Dark City. Joyce Markovics. Bearport.
Bones: Skeletons and How They Work. Steve Jenkins. Scholastic.
Chester's Masterpiece. Mélanie Watt. Kids Can Press.
Combat-Wounded Dogs. Sonita Apte. Bearport.
Copper. Kazu Kibuishi. Graphix.
Drizzle. Kathleen Van Cleve. Dial.
Finn McCool and the Great Fish. Eve Bunting. Ill. Zachary Pullen. Sleeping Bear.
Goliath: Hero of the Great Baltimore Fire. Claudia Friddell. Ill. Troy Howell. Sleeping Bear.
Heart-Stopping Roller Coasters. Meish Goldish. Bearport.
I Survived #1: The Sinking of the Titanic, 1912. Lauren Tarshis.
*Lunch Lady and the Summer Camp Shakedown. Jarrett J. Krosoczka. Knopf.

Miniature Horses. Natalie Lunis. Bearport.
Missile Mouse #1: The Star Crusher. Jake Parker. Graphix.
The Odious Ogre. Norton Juster. Ill. Jules Feiffer. Michael di Capua Books.
Older Than the Stars. Karen C. Fox. Ill. Nancy Davis. Charlesbridge.
Potbellied Pigs. Natalie Lunis. Bearport.
Swim! Swim! Lerch. Scholastic.
Young Zeus. G. Brian Karas. Scholastic.
Zen Ghosts. Jon J Muth. Scholastic.

Advanced Readers (Grades 5–6)

31 Ways to Change the World. We Are What We Do. Candlewick.
Big Nate: In a Class by Himself. Lincoln Peirce. HarperCollins.
The Billionaire's Curse. Richard Newsome. Ill. Johnny Duddle. Walden Pond.
Blindsided. Priscilla Cummings. Dutton Juvenile.
Calamity Jack. Shannon and Dean Hale. Ill. Nathan Hale. Bloomsbury USA Children's.
Chemistry: Getting a Big Reaction! Dan Green. Created and Ill. Simon Basher. Kingfisher.
Dark Labyrinths. Michael Goodman. Bearport.
The Dreamer. Pam Muñoz Ryan. Ill. Peter Sís. Scholastic.
Explorers: Dinosaurs. Dougal Dixon. Ill. Peter Bull. Kingfisher.
Ghostopolis. Doug TenNapel. Graphix.
The Grimm Legacy. Polly Shulman. Putnam.
How I, Nicky Flynn, Finally Get a Life (and a Dog). Art Corriveau. Amulet.
I Dreamed of Flying Like a Bird: My Adventures Photographing Wild Animals From a Helicopter.
Robert B. Haas. National Geographic.
It's a Book. Lane Smith. Roaring Brook.
Kid vs. Squid. Greg van Eekhout. Bloomsbury.
The Line. Teri Hall. Dial.
Love Puppies and Corner Kicks. R.W. Krech. Dutton.
Lynn Visible. Julia DeVillers. Dutton.
Micro Monsters: Extreme Encounters With Invisible Armies. Kingfisher.
NERDS Book Two: M Is for Mama's Boy. Michael Buckley. Amulet.
Other Goose: Re-Nursed!! and Re-Rhymed!! Children's Classics. J. Otto Seibold. Chronicle.
Planet Earth: What Planet Are You On? Dan Green. Created and Ill. Simon Basher. Kingfisher.
The Red Pyramid. Rick Riordan. Disney-Hyperion.
Smile. Raina Telgemeier. Graphix.
The Sons of Liberty. Alexander and Joseph Lagos. Ill. Steve Walker and Oren Kramek. Random House.
The Strange Case of Origami Yoda. Tom Angleberger. Amulet.
Super Human. Michael Carroll. Puffin.
Tower of Treasure. Scott Chantler. Kids Can Press.
Turtle in Paradise. Jennifer L. Holm. Random House.
Versus: Pirates. Richard Platt. Ill. Steve Stone. Kingfisher.
The Wimpy Kid Movie Diary: How Greg Heffley Went Hollywood. Jeff Kinney. Amulet.
X-treme X-ray. Nick Veasey. Scholastic.
Yours Truly, Lucy B. Parker: Girl vs. Superstar. Robin Palmer. Puffin.
Zebrafish. Peter H. Reynolds and FableVision. Atheneum.

