

# Physical activities help children with reading

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A child's success in learning to read in school is tied to how much he/she is already learned about reading at home.

Prepare your child to read with prereading activities like these:

- **Have your child use his/her body, clay or blocks to make the shapes of letters.**
- **Point out letters and sounds.** "That's a mouse. It starts with M. It sounds like mmmm."
- **Swing and rhyme.** Push your child on the swing and say a silly verse, like "Up you go." to earn an-

other push, your child must make a rhyme: "It will snow."

- **Let your child fill** a container with items that start with the sound of a certain letter: Buttons for B, leaves for L, etc.

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Source: Melissa Fay Greene, "the alphabet mysteries: What it takes for a child to crack the code and learn to read," October 2002, Parenting, The Parenting Group, 530 Fifth Ave., 4th Floor, New York, NY 10036