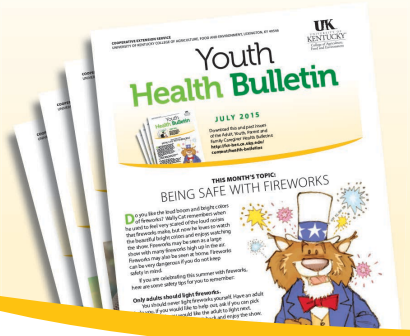
COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546

UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

Youth Health Bulletin



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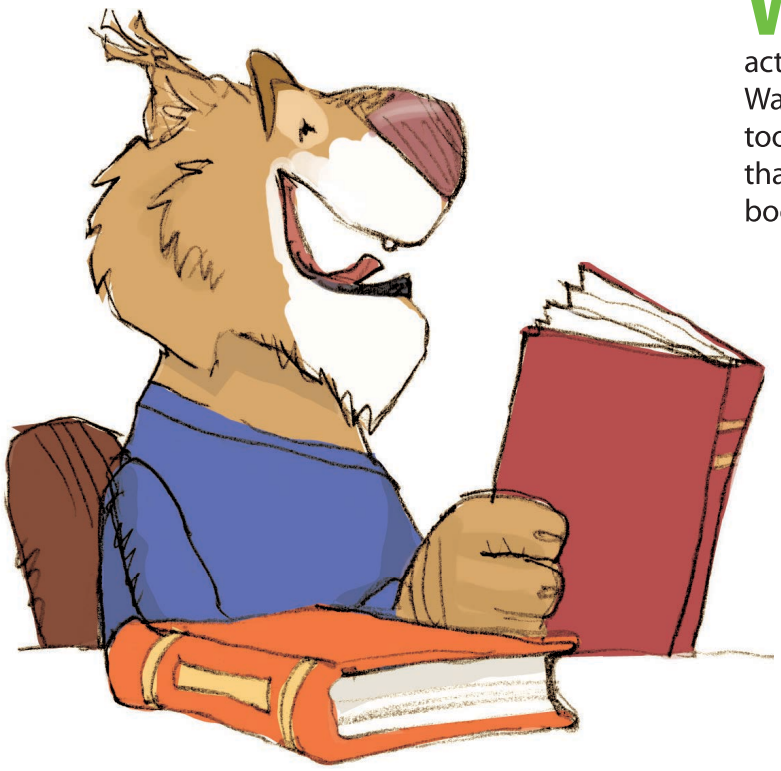
THIS MONTH'S TOPIC:

WALLY CAT LOVES TO READ



What is your favorite book? Reading is something that is good for your brain. It actually helps your brain grow. Sometimes when Wally Cat goes to the library, he thinks that there are too many books to choose from. Do you ever think that? Here are a few tips that will help you find a book that you will really like:

- **What do you like to do?** Finding a book about something that makes you happy or that you like to do is a great place to start when looking for a new book to enjoy. Do you like race cars or horses? Is there a job that you would like to learn more about such as what it is like to be a doctor or a teacher? Start looking for books that are about something you are already interested in.
- **Do you like to hear stories about real things that happened or make-believe?** Books that are based on real events that happened are

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called non-fiction books. They tell a story based on what actually happened. You can get all of the details — the who, what, where, when and why with non-fiction books. Fiction books are books that have a story that is made-up. These books can be novels or short stories or even fables. Fiction stories may tell you about the future or another world entirely. If you do not know if you like one or the other better, try out a few of both.

- **What books did your family members like when they were your age?** One way to pick out a new book is to ask your family members what kinds of books they liked to read when they were your age. You may want to ask your mom or dad what their favorite book was and read it together.
- **Talk to a librarian.** They are the experts. Librarians may be able to show you popular books that other kids have checked out. They also can show you where books of certain topics are located in the library.

Dyslexia

Did you know that there are some kids who have a hard time reading? Dyslexia is the name for the problem that makes reading and spelling hard for some kids.

When a kid has dyslexia, he or she may have trouble understanding how the sounds when you talk make up words. Kids with dyslexia may also have trouble focusing on written words. Sometimes, he or she may have trouble connecting the speech sounds to the letters in a word. Since those things are very important parts of reading, anyone who has dyslexia tend to have a little harder time reading. Not to mention the brain is working so hard to do those steps that it gets very tired. Someone with dyslexia may get frustrated when he or she cannot read or spell so well. It can be very hard and that may make him or her sad or angry. Luckily, many times adults can tell when someone may be having trouble

with their reading and those kids can be helped by teachers and parents.

Reading can be a lot of fun. Even if you need a little help to read, the stories and adventures in books are worth the effort. Hopefully you will enjoy the next book you read. Wally Cat is ready to go on another reading adventure himself!

REFERENCE:

- Nemours KidsHealth (2015). Dyslexia. http://kidshealth.org/kid/health_problems/learning_problem/dyslexia.html#
- Nemours KidsHealth (2015). How to Pick a Great Book to Read. http://kidshealth.org/kid/grow/school_stuff/find_book.html

Word Scramble

ONN-ITNOCFI: _____

ILNARAIRB: _____

SADXYLEI: _____

OSOBK: _____

ANSWERS: Non-Fiction, Librarian, Dyslexia, Books

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