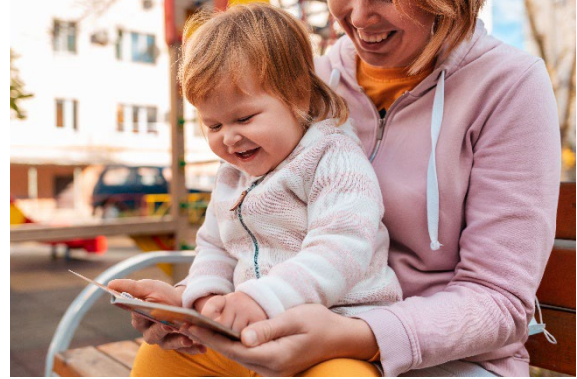


Celebrating National Literacy Month by Making Reading a Daily Routine

Written By - Delesa Barnes

As we kick off the back-to-school season, it's the perfect time to celebrate [National Literacy Month](#)! Reach Out and Read Inland Empire hopes to continue to motivate families and pediatric providers to participate in our mission to spread the love of reading!



We know life can get busy with new schedules, activities, and routines, but fitting in reading time doesn't have to be stressful. Finding a full 30 minutes to sit down and read might feel impossible, but [10 minutes a day can still provide incredible benefits](#). The time spent reading aloud is exposing a child to new words and concepts, helping them understand cause and effect, fostering curiosity, and strengthening emotional bonds that will last a lifetime.

When caregivers carve out even small moments to read, children feel valued and connected. They will associate reading with comfort, learning, and special family time. One of the easiest and most calming times to read is just before bed. It helps children wind down, relax, and bond with their caregivers. A waterproof book on the side of the tub can make bath time even more fun during a relaxing soak to engage a child's imagination. Families can even squeeze in reading during wait times. Whether it's a doctor's office or waiting in the car for school pick-up, keeping a book in their bag or on their phone's to use can make a difference. Even if it's reading the same [beloved book or exploring new stories](#), [each reading session contributes to a profound impact on a child's development](#), especially when they become part of a daily routine. [These little moments add up.](#)

Thank you for being a part of our [Reach Out and Read Inland Empire](#) family! Let's make the most of National Literacy Month by spreading the power of reading, one book at a time. During this National Literacy month, we encourage you to visit our [website](#) to donate, volunteer, or learn more about how you can get involved. With your support, we can continue to transform lives through the power of reading.

