



## New Year's Reading Resolution

For many of us, the New Year means it's time to take stock of our lives and vow to improve things we don't like. Adults benefit from New Year's resolutions and so can our children. Keeping resolutions can teach a lot about self-discipline and the value of making goals, especially educational goals.

### Make It a Family Activity

Make resolutions a family tradition. Sit down together and reflect on the past year, discussing accomplishments and goals – as individuals and as a family. Discuss what worked this year and what didn't. You might start the brainstorming session for resolutions by saying, "Let's focus on resolutions that will make us feel better about ourselves and how our family works."

Resolutions for the entire family that focus on education might include planning a monthly educational outing (e.g., museum, lecture, planetarium), playing board games twice a month or turning off the TV early each night to enjoy reading a book together.

Make a master list to hang on your refrigerator or bulletin board where everyone can be reminded to work towards keeping the resolutions throughout the year.

**Make a family resolution to complete a target number of literacy activities on the Florida Department of Education's web application at [JustTake20.org](http://JustTake20.org).**

### Different Resolutions for Different Ages

- **Elementary and Middle School** – Children in this age range can comprehend a resolution and participate in the process of picking one. What your child needs to work on is personal, so work with your child to focus on areas for improvement he or she can relate to, such as a subject in school he or she struggles with or oversleeping and missing the bus.
- **High School** – When your child becomes a teen, focus more on the child taking more responsibility for his actions, including taking care of his or her body, balancing social life with academic demands, dealing with stress in a healthy way, talking through conflict and resisting negative peer pressure.

### Serve as a Role Model

Celebrate Literacy Week falls in January each year. Just as with everything else you do, your child is watching. So thank you for being a good role model for your child by making literacy a focus in your family's New Year's resolutions.

**Come read with us!**

Visit [JustTake20.org](http://JustTake20.org) for fun family reading activities!

Just Take 20 is funded by the Florida Department of Education and managed by Just Read, Florida! and the Bureau of Family and Community Outreach.

