

# Texas BookShare

Texas Medical Association and the Texas Medical Association Alliance want Texas families to stay healthy. We hope you and your child(ren) enjoy reading together and talking about healthy habits.

[texmed.org/BookShare](http://texmed.org/BookShare)



## HEALTHY HABIT TIPS

1. Find children's books related to healthy habits and read them with your child(ren).
2. Model healthy habits (brush your teeth, wash your hands).
3. Go for a walk before or after dinner to catch up after a long day at school or work.
4. Make drawings/signs with your child(ren) about health habits to place around your house.
5. Talk about why healthy habits help you have a healthy life.

## READING TIPS

1. Make a routine to read every day at the same time.
2. Take your children to the library and have them pick the books.
3. Read during meal time. Then talk about the book while eating dinner.
4. Read outside with your child(ren) – at the park, in the backyard, on a porch.
5. When your child(ren) get home from school, ask them to read for 10-15 minutes before they do anything else.



Physicians Caring for Texans



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