



Parents, did you know that reading to young children just 10 minutes a day matters? Reading:

HELPS THEIR BRAINS DEVELOP

90 percent of a person's brain develops in the first 5 years of life

LETS PARENTS AND CHILDREN BOND

Snuggling together with a book gives you a chance to nurture your child

PREPARES CHILDREN FOR KINDERGARTEN

Reading aloud can help young children learn sounds and language

CHANGES LIVES

Commit to making time to read to your children every day. Everyone has 10 minutes

To find free books and other resources, visit ar.gov/10minutes

