

Give My Book 7 Gifts to Give Your Child: Parenting That Will Touch Their Future

Myrna Lapres
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I am excited to announce that my book is available on Amazon. Consider giving it as a gift for parents of any age children. tinyurl.com/7-Gifts-to-Give-Your-Child

Give the Gift of Reading

Did you know that there is a resource for imparting wisdom that we often overlook? It is the use of books and literature in our homes to subtly set the stage for a conversation about a topic that we'd like to explore. As I mentioned in a previous blogpost, having a weekly family meeting that includes reading a short book or a chapter of a longer book provides the opportunity to share family values or open a discussion. www.coachmyrna.org/coachmyrna-blog/family-meetings-recipe-for-success

Books and stories provide the opportunity to visit a culture that we know little about, and widen our view of the world. Ann Patchett, renowned American

author has said, “Reading fiction not only develops our imagination and creativity, it gives us the skills to be alone. It gives us the ability to feel empathy for people we’ve never met, living lives we couldn’t possibly experience for ourselves, because the book puts us inside the character’s skin.”

In addition, the most recent market research on how to sharpen our brain suggests that the easiest and most time-tested method is . . . *READING!* The very nature of reading encourages the brain to work harder and better. Typically, when we read, we have more time to think. Reading gives us a unique pause button for comprehension and insight. With oral language—when we watch a film or listen to an audio story—we don’t press pause.

This is especially true for anyone who struggles with reading. Scientists at Carnegie Mellon University studied children ages eight to ten who were below-average readers. One hundred hours of remedial reading classes significantly improved the quality of their brains’ white matter—the tissue that carries signals between areas of gray matter, where information is processed. The researchers’ concluded that the brains of these children had begun to rewire themselves in ways that could benefit the entire brain, not only the reading-centric temporal cortex.

So, if you still have a present to buy for your child, a grandchild or a favorite niece or nephew, consider buying a book and read it to them, if you can. In the case that you have already purchased all of your holiday gifts, consider doing this for an upcoming birthday or other occasion. If you need some book suggestions, here is a list of some of my favorites that I have read to my children and students over the years.

tinyurl.com/2p83c24j

And for parents, consider giving them ***7 Gifts to Give Your Child: Parenting That Will Touch Their Future*** as a present to allow them to discover more wisdom for themselves. www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe