

This book is part of the Inuutsiarniq Reading Series developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktitut reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktitut reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Family Engagement/ It Starts at Home

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

Keep distractions to a minimum. Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

Take turns. Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

Read it again and again. It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

Ask questions. As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

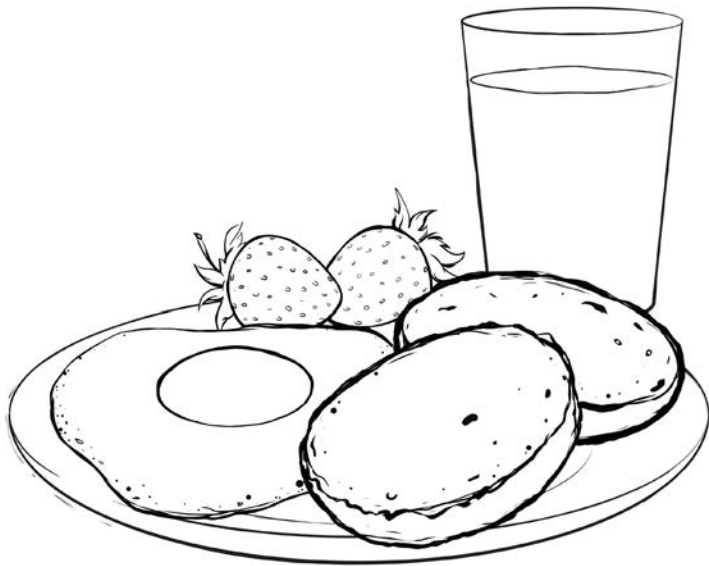
Focus on successes, not mistakes. All early reading experiences should focus on praising success, as this will build confidence in the child.

Talk about the symbols or letters and sounds. Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

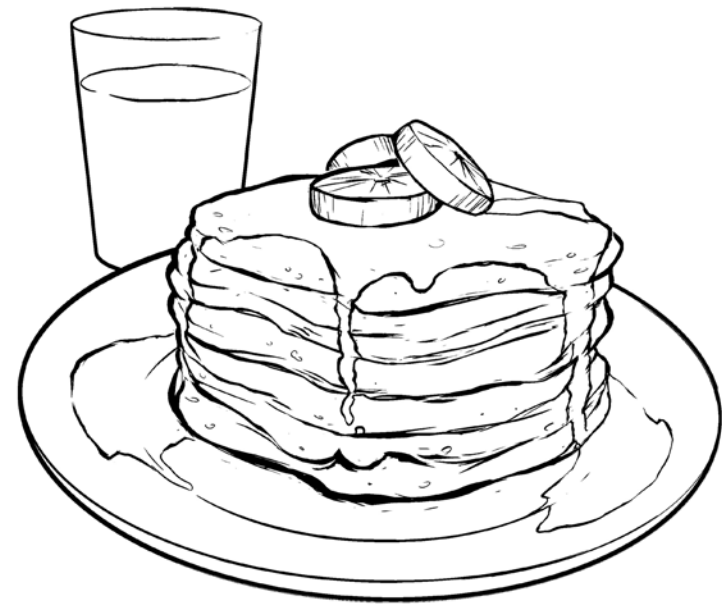
Read it and experience it. If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

Book details

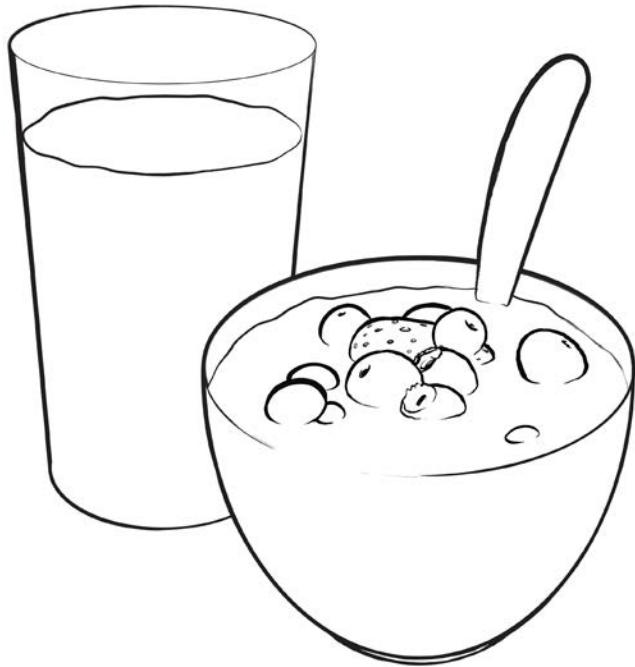
Level: 4
Text Type: Non-fiction
Vocabulary: Meal times



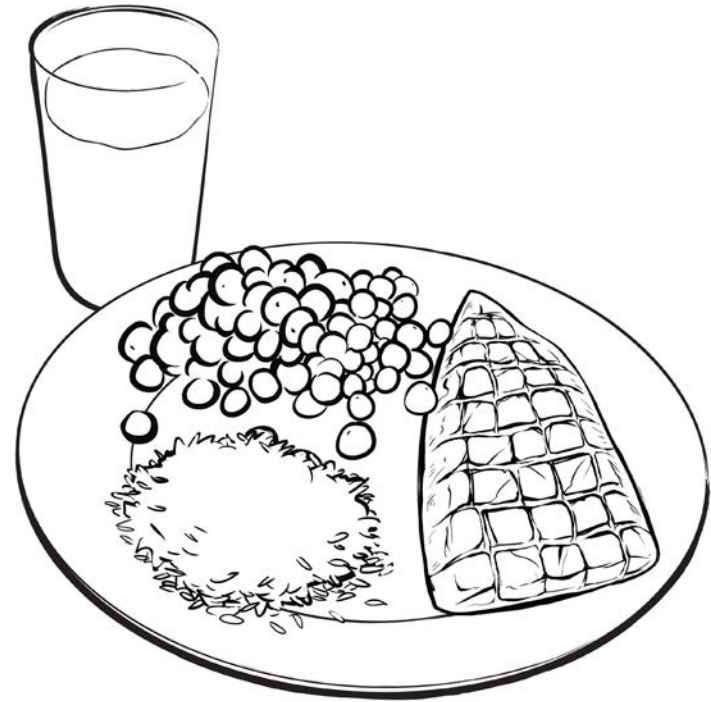
This is breakfast.



This is breakfast.



This is a snack.



This is lunch.



This is a snack.



This is dinner.



This is dinner.

Published in Canada by **Inhabit Education**
www.inhabiteducation.com

Design and layout copyright © 2016 by
Government of Nunavut
Text copyright © 2016 by Government of Nunavut
Illustrations copyright © 2016 by
Government of Nunavut

All rights reserved. The use of any part of this
publication reproduced, transmitted in any
form or by any means, electronic, mechanical,
photocopying, recording, or otherwise, or
stored in a retrievable system, without written
consent of the publisher, is an infringement
of copyright law.

Printed and bound in Canada

ISBN 978-1-77266-253-5



