

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 Inuktit reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktit 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.

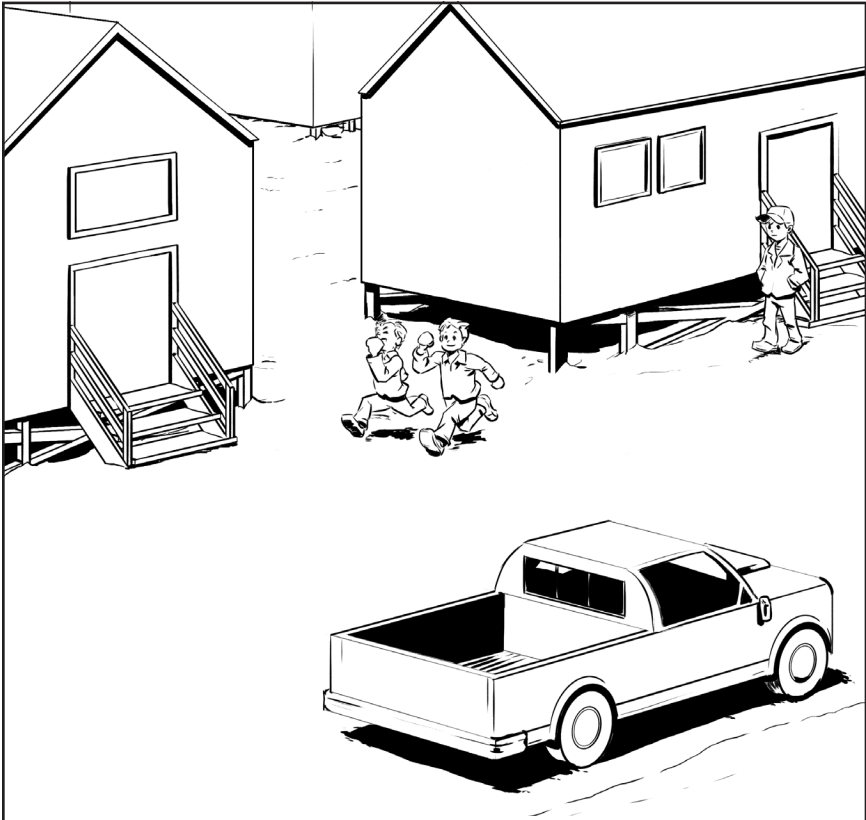
Book details

Level: 11

Text Type: Non-fiction

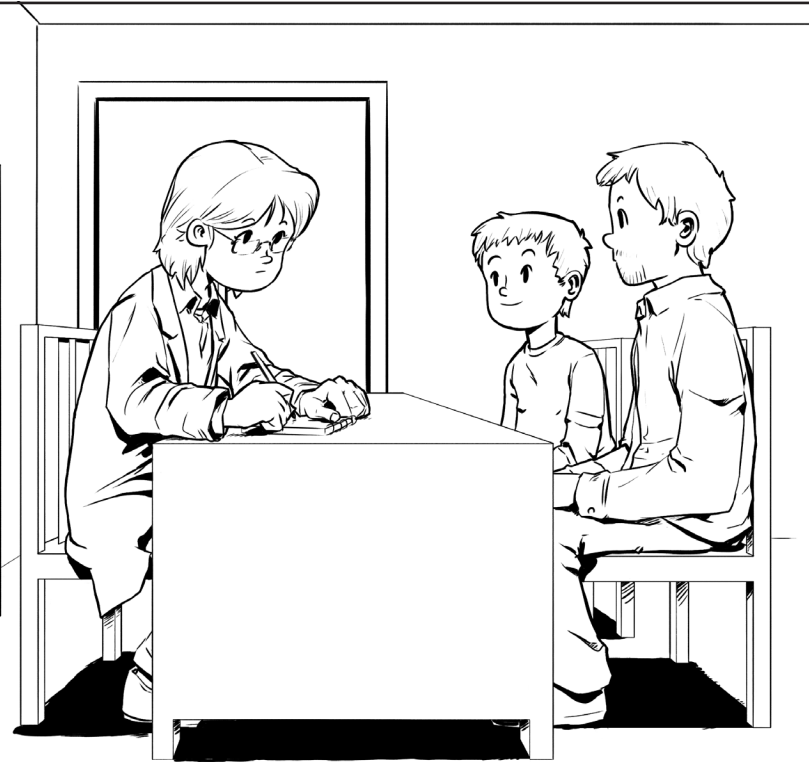
Subject/themes: Jobs and responsibilities in the community, relationships with friends, roles of elders, positive daily health habits, how to stay safe in your community

Key features: Descriptions of jobs and responsibilities, present and future tense



A community is a group of people living in the same area. There are many people in your community who take care of you and your family.

Who are the people who take care of you in your community?

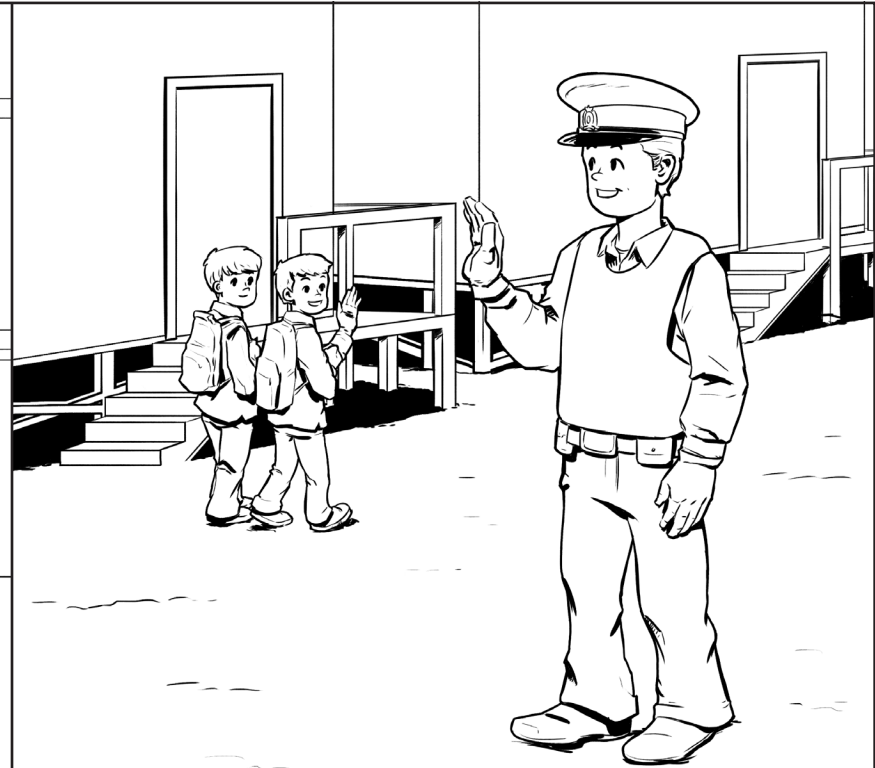


Nurses and doctors work at the community health centre or at the hospital. They use their special training and equipment to help take care of you when you are sick. They can teach you about how your body works and how to stay healthy.



Dentists help make sure your teeth are healthy and clean. Dentists have cool chairs for you to sit on when they clean your teeth.

Brushing your teeth and drinking water help keep your teeth strong and shiny for a long time. Smile!



RCMP officers help make sure the roads and the community you live in are safe at all times.

Keeping a community safe all the time is an important job. They use protective gear and special uniforms when they work.



Teachers teach children or adults. There are many interesting topics your teacher can help you learn about.

Elders are important teachers. Elders share with us their cultural and traditional knowledge.



Friends are special people. Friends are there to share food and jokes with you, to play games with you, and to spend time with you. Friends are really great people who you can talk to about how you are feeling.



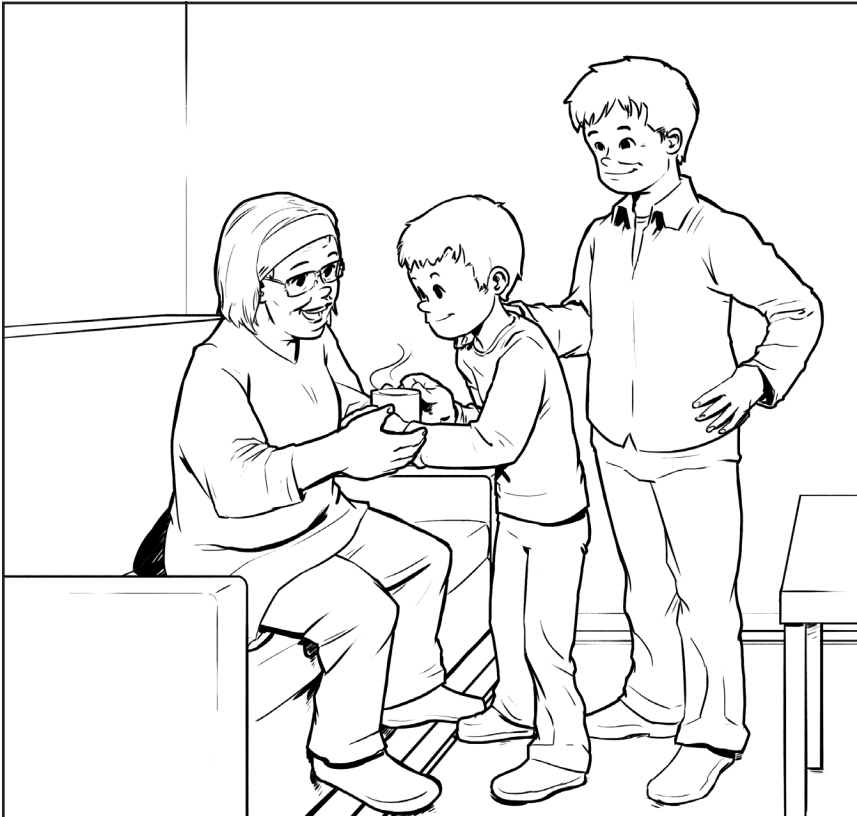
Firefighters help stop fires. They wear protective coats, carry heavy gear to help stop fires, and ride on big red trucks when they are working.

If there is a fire, you can call them anytime during the day or night.



Hunters and cooks give us food and the meals that we eat. Hunters provide us with food, and cooks mix food together in different ways.

Eating healthy food, like country food and meals with lots of vegetables and fruit, is important for you and your family.



While many people take care of you,
you can also take care of yourself. And you
can help take care of others in many ways, too!

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EDUCATION

