

BONDING WITH BOOKS

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SYNAPTIC EXHUBERANCE: The firing between neurons that comes from sounds associated with pleasure. The phrase is not mine. It comes from language study by the Humanities Council in Alaska.

WHERE DOES SYNAPTIC EXHUBERANCE COME FROM? Feelings and smells and comfort felt while hearing words spoken and read.

THE MOST IMPORTANT PATH: From womb to self-initiated reading would look like a path from mother and father's voice connected with touch, to hearing the rhythm of their voices in the language in music then in story, to finding that same exuberance when picking up a book.

BUT SOMETIMES THERE IS A MISSING LINK:

THE MISSING LINK: often books are not introduced in the home, but with the beginning of an organized classroom...preschool. TV words don't count unless they are shared, and even then, they are not intimate. As we enter a new world, apps may create an excitement but need to be used with a person, not to replace one.

OUR JOBS: As those who hold the keys to nurturing reading, we actually hold the key to the success of our children, grandchildren, and students of all ages.

OUR GIFT: Sharing the books we love, the writers we love. There is nothing at any level of reading that is a more intimate gift than a story, or sharing what we have read with someone else. It is our way of saying, "I have taken the time to get to know you, and you may like this, too."

OUR REWARD: Sharing a vocabulary that lets us communicate deeply with others.

AND THERE ARE THE FACTS: Borrowed from Kelly Corrigan and Neil Gamon.

VOCABULARY is the biggest predictor of a successful life...both occupationally and emotionally. Poor communication is the number one cause of divorce. I would also add that we often find our missing role models in books.

A STRONG VOCABULARY ALLOWS US TO DO THE THE NUMBER 1 THING THAT IS THE KEY TO WELL-BEING...TO MAKE CONNECTIONS.

How we communicate has a huge influence over how we are perceived, and how we are perceived has a huge influence on how we behave.

After the 4th grade your vocabulary develops exclusively from reading, (or being read to), because written language is so much more diverse than spoken conversation.

30 minutes a day will bring you 2,000,000 new words in a lifetime. 5% of the words each day may be new to you.

“Reading is the ultimate neurological workout. It is to the brain what exercise is to the body.” We need to be armed with words.

Reading creates lower stress rates, deeper sleep, less memory loss. It is a journey to go on by yourself or to share, and provides a tolerance for a wider variety of people.

In Arizona, the number of prison cells predicted is based on the number of children who never read beyond the 4th grade level.

33% never read books after high school graduation; 42% never read books after college graduation.

A STRONG VOCABULARY IS OUR BEST DEFENSE AGAINST MANIPULATION, BOTH COMMERCIAL AND POLITICAL. BOTH TYPES OF MANIPULATION BEGIN IN THE HOME. AND, AS ADULTS, THINK OF THE STRONG VOCABULARY WE NEED JUST TO VOTE.

