

Why me? Why not Mom?

Fathers who read or tell stories to their kids make a difference that no one else can. Taking the time to read to your kids shows how much you care. Sometimes, dads can make an even bigger difference than moms.

You'll help them succeed in school.

Kids whose fathers are caring and involved make better grades.

You'll help them feel better about themselves. Kids whose fathers are caring and involved are more confident and proud of themselves.

You'll help them to build more successful lives. Kids whose fathers are caring and involved grow up to be more successful adults.

You'll help them have more fun! Kids whose fathers are caring and involved enjoy school, friends, and outside activities more than other kids.

You'll have fun, too! You kids are fun people! The more time you spend with them, the more fun you have. And you both end up with great memories that last a lifetime!

To find out how you can be a part of FRED, contact your county AgriLife Extension office at:



Fathers Reading Every Day

Make a Difference: Read to Your Kids!

Your kids already look up to you. Read to them every day and you'll be a HERO!



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Be a hero. FRED can help!

FRED stands for Fathers Reading Every Day. FRED starts with a kickoff where you can meet other dads and learn more about the program.

FRED lasts just 4 weeks. Your goal is to read to your kids at least 15 minutes a day for the first 2 weeks and at least 30 a day for the last 2 weeks.



By the end, you'll **have a great habit** that will pay off in a lifetime of benefits for yourself and your kids! **Use the reading log** to keep track of the number of books and the number of minutes you read, and total it all up at the end of the 4 weeks.

Then, **come to the celebration!** You and the other dads will get together, compare notes, talk about books and kids, and celebrate your success!

What's so great about reading?

Kids get a lot out of it. Kids whose fathers read to them are more creative, read better, and make better grades. They also know more words, speak better, and write better than other kids. And they know more about the world around them.

It's great for any age. Even babies enjoy being read to. Even if your kids



don't understand all the words, hearing your voice, watching your face, and being close to you are important.

It doesn't cost much. You can read anything that's handy, even the newspaper or a comic book. Or, you can tell stories from your childhood, your family, your favorite sport, or something you make up yourself—and that's free!

There's no pressure. When you read or tell stories, there aren't any rules, and there's no "right way" or "wrong way." The most important thing is that you and your kids just have fun.

It's quality time. Not sure what to do on a rainy afternoon or if you're keeping the kids for the weekend? You don't have to go to the movies or to a theme park. Your kids want to spend time with you. Reading is some of the best quality time you can spend!

You can do it from a distance. If you travel or if your kids live with someone else, try reading to them over the phone. If you both have a copy of the book, your kids can follow along as you read it to them. The important thing is making the connection!

You'll be a hero. When you read to your kids and talk about what you've read, you get to know each other better. You can share the things you like and the things that are important to you. You'll do what nobody else can do—set your kids on the road to a bright future.

And you'll be a hero to the most special people in the world—your kids.

