

Family Resources: CONSISTENCY

Why read consistently?

- Reading consistently with your child helps them improve their reading skills and increases their motivation to read.
- Did you know that just 13 minutes of reading each day equals one million words read in a year?
- Research suggests reading out loud to your child is valuable in providing them with opportunities to experience language, which supports them in constructing meaning while promoting comprehension and vocabulary development.
- Reading aloud models strong reading behaviors and a positive attitude toward reading.
- Repetition not only builds skills but will naturally help reading become a habit when embedded into daily routines.

Routines to build consistent reading habits:

- Each month of the school year, your child will bring home their new Book Trust books to add to your home library. Ask your child's teacher when to expect new Book Trust books!
- Spend some time talking to your child about the books they chose and why they chose them.
- Ask your child to choose a comfortable spot to read.
- Take turns reading the story! Ask your child, *"Would you like to read today or would you like me to read to you?"*
- Visit your home library and choose a book you and your family would like to read.
- Encourage reading in any environment (at the grocery store, street signs, billboards, directions, recipes, etc.).
- Allow your child to pick a special snack to enjoy while reading.
- Help your child keep track of the books they read with a reading log.
- Consider setting a goal to read X number of books per week or month.
- Schedule reading time on the calendar, or set a reminder on your smartphone.

