How to Make Reading Part of Your Family’s Lifestyle

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CNK Digital Ebook Series
How to Make Reading Part of Your Family’s Lifestyle

Parents Take Action

Parents play a critical role in helping their children develop not only the ability to read, but also an enjoyment of reading. Reading everyday has a plethora of advantages all parents want for their children. In today’s day and age we get busier and busier as the weeks go by and we forget to sit down with a book and relax. However, making reading a part of your family’s lifestyle is easier than you think! Here are a few great tips on how to create a reading lifestyle!
Reading with your child is a great activity. It not only teaches your child that reading is important to you, but it also offers a chance to talk about the book, and often other issues will come up. Books can really open the lines of communication between parent and child. Studies also show that reading together also increases the bond between you and your child. That means two great bonuses in one!
Teach by Example

If you have books, newspapers and magazines around your house, and your child sees you reading, then your child will learn that you value reading. You can’t over-estimate the value of modeling. You are your child’s greatest influence and they will learn from your actions! So turn off the TV and sit down together with your child for some quiet reading time.
Hit the Library

Try finding library books about current issues or interests in your family’s or child’s life, and then reading them together. For example, read a book about going to the dentist prior to your child’s next dental exam, or get some books about seashore life after a trip to the coast. If your child is obsessed with dragons, ask your librarian to recommend a good dragon novel for your child.
How do you Read to a Baby

There are many ways to include reading in your child's life, starting in babyhood, and continuing through the teen years.

- Focus on literacy activities that your child enjoys, so that reading is a treat, not a chore.
- Use small, chunky board books that your baby can easily hold onto. Talk about the pictures with your little one. Sing the text to keep baby's attention.
- Play peek-a-boo with lift-the-flap books. Help your baby touch and feel in texture books.
Resources for Parents

Suggested Reading Activities—a quick list arranged by age group.

Get Ready to Read! activity cards and online games for toddlers and preschoolers.

Reading is Fundamental offers terrific resources, including activities, booklists, articles, brochures, and multicultural literacy resources.

Reading Rockets offers information and resources for families and professionals. ¡Colorín Colorado! is part of Reading Rockets, and offers information, activities and advice for Spanish-speaking parents and educators of English language learners.
What If My Child is Having Trouble Reading?

You may hear from a teacher that your child has difficulty with language, or you may have noticed some difficulties that your child has. When reading and language difficulties are identified, special teaching can be given to help your child reach their full potential. Here are some resources:

1) YourChild Development & Behavior Resources:
   A Guide to Information & Support for Parents
   Dyslexia and Reading
   Learning Disabilities

2) US Department Of Education
   Go-To Resource For All Things Education
   If You Think There’s a Problem -- Helping Your Child Become a Reader

3) National Academies Of Science:
   Provides authoritative information on important matters in science and health policy
   Preventing Reading Difficulties in Young Children
   Starting Out Right: A Guide To Promoting Children’s Reading Success