



## A guide to support reading at home

Reading improves your child's progress at school, it reduces stress and anxiety, and helps sleep. It's also fun! That is why we want to encourage our students to read at home as well as in their lessons.

You can help at home by **Making it Routine** and **Making it Real**.

Talk about reading. Ask questions to check understanding.

Make reading a part of the bedtime routine on school nights: read together, take turns or independently.

We have a school library but join a local one too and visit regularly.

Leave magazines, newspapers, and books around the house to read.

Download audio books on smart phones and listen together, or on headphones. Discuss.

Movie nights! Watch films based on books. Read the books before or after, then compare.

Grab a graphic novel to get your child's interest.

Read books that are linked to topics being studied in school.

Look out for dyslexia friendly books.

Encourage your child to read signs, recipes, newspapers, cereal packets ... anything with words!

Young Adult books can be a way of tackling issues related to teens. Look online or ask the library.

