

How much time should my child spend reading?



The more reading children do, the more quickly they will develop as readers. It is often recommended that beginning readers spend 15 or 20 minutes reading each day (in addition to the reading they do at school). However, the amount of reading a child does is most important, not the amount of time she spends doing it. So, if a child spends 20 minutes reading a book that is very challenging, she will read less (in terms of the total number of words read) than if she spends the same 20 minutes reading easier books.

While 15 to 20 minutes is the recommended amount of reading, it is important to note that, if your child is interested in and enjoying what she is reading, it is fine to encourage more time. However, we do not want children to become too tired. It takes a while for readers to build up the stamina they need to read for longer periods of time.

Note that beginning readers generally benefit from reading to someone and many will not be interested in reading alone. Finding time to listen to your child read every day is important. Also, especially at the early stages of learning to read, reading will take energy and concentration. Therefore, it will be helpful to find a time when your child is not too tired and a place where she can read without too many distractions (such as the TV or other conversations) going on in the background.



You do not always need to be sitting right next to your child in order to listen to her read. You can ask her to read while you are driving, folding laundry, preparing meals, etc. If she needs help with a word, she can simply spell the word out for you.