



## **Ways to encourage your child to read more!**

### *Helping Adolescents - Using the Building Blocks of Reading*

Many of the things that parents do to build and encourage the literacy development of their young children are applicable to adolescents as well. You may want to try some of the following with your child:

- Be a role model. Demonstrate that reading is important in your life. Read the newspaper, books and magazines, e-mail and information on the internet. Let your child see you reading.
- Read to your child. Share articles from the newspaper or from your magazines. Look particularly for items of interest to your child - those that have to do with their school, their favourite sports team, movie star or band, or a special hobby. Talk about what you read with your child.
- Make your home reflect the importance of reading. Give adolescents plenty of opportunities to read. Keep books around – you don't have to own them all: library books work just as well – and read them. Ask your son/daughter to read you the measurements and ingredients from your recipe card as you prepare dinner.
- Ask them to look up a phone number in the phone book for you or ask him/her to look at the cereal box and tell you how much sodium is in the cereal your family eats for breakfast.
- Allow your adolescent to choose what he/she wants to read (within reason, of course). Everyone's interest is different and if you want your child to read, let them read what they want to read – reading teen idol, fashion and hair style magazines can lead to reading biographies or the style section of the newspaper.
- Using a computer can provide both incentive and opportunities for adolescents to read. From looking up interesting facts about a new movie coming out, to researching for a school report, the internet is a tremendous (and fun) resource for adolescents. There are many computer games that require and even foster reading ability. (Parents, of course, may want to monitor the materials available to their adolescent child on the computer.)

***Written by the National Centre for Family Literacy.***