

Boost your child's reading confidence



Sometimes children read quickly without understanding or guess at words. They get frustrated when they can't sound out a word. If this sounds familiar, your child may have reading anxiety—which makes reading for school more difficult.

To reduce your child's stress about reading:

- **Read aloud together every day.** Make it a pleasant, cozy activity so your child will develop a love of books.
- **Encourage—but don't force**—your child to read to you. If your child wants to, great! If not, say “OK, next time.”
- **Set an example** by keeping reading material around and reading for pleasure yourself.
- **Act out scenes from stories** to build your child's confidence with words.



- **Choose books to read together** that aren't too challenging. If it's too hard, your child may give up and stop trying. You can read more difficult books aloud.
- **Make audio recordings of challenging materials** so your child can listen and read along.
- **Be patient and encouraging.** Without pressure, your child can learn to love reading. If problems persist, talk privately with the teacher and ask how you can help at home.