

Research shows that reading at home with your kindergarten child every day has significant positive effects on their reading and cognitive skills (language, literacy, numeracy, cognition) later in life. (1)



One of the most important things you can do for your child is to read with them EVERY day, in any language of your choice.

#### References:

- 1) Read Aloud [www.readaloud.org/why](http://www.readaloud.org/why)
- 2) Canadian Paediatric Society  
[https://www.cps.ca/uploads/about/CPS\\_ScreenTime-EN.pdf](https://www.cps.ca/uploads/about/CPS_ScreenTime-EN.pdf)
- 3) Psychology Today  
<https://www.psychologytoday.com/us/blog/inviting-monkey-tea/201801/can-i-let-my-child-be-bored>

Look for other pamphlets in this series for more at-home tips to encourage your child to appreciate reading: **Learning to Read** and **Reading to Learn**.



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## Reading At Home With Your Kindergarten-Aged Child:

*Reading for Pleasure*



## Steps for Reading for Pleasure:

### 1. Make it a routine

- It is important to hold reading in high regards. Whether it is before bed or after dinner, setting aside time for reading to your child shows them that it is an important task.

### 2. Show them you read

- Make sure that during the day you point out times you are reading: e-mail, news, recipes, and just for fun.

### 3. Choose a book

- Let your child choose the book for you to read. They might want you to re-read the same book dozens of times; this is an important step in their literacy development.

### 4. Get comfortable

- Snuggle up with your child.



### 5. Read

- Before reading make a prediction about what the book will be about just from the front cover.
- When reading the book, use different voices for the characters to help your child get immersed into the story.

### 6. Talk about the book

(choose only one for each book)

- Ask your child what they liked about the book and what they didn't like. You can also answer these questions by showing them the pages in the book that you are talking about.
- Identify the characters and setting of the story.
- Figure out the problem or find the solution.
- Have your child retell the story.

Setting aside this time to read with your child is one of the most important things you can do at home to encourage a lifelong love of reading.

## Some other tips to help support literacy at home with your kindergarten-aged child:

- Limit the time your child spends in front of a screen (phone, tablet, computer, TV). The Canadian Paediatric Society recommends that children between the ages of 2 and 5 limit screen time to 1 hour a day. This includes educational content.(2)
- Talk with your child. Ask them questions about their day; tell them about your day; talk about what they are interested in; share your interests.
- Play with your child. Get on the floor and don't be afraid to be silly and use your imagination.
- Let your child be bored. New studies are coming out showing that boredom: improves creativity; improves psychological well-being; makes children more motivated; and makes them more interesting. (3)