



Growing readers!

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Building Reading Stamina

Having stamina for something means being able to stick with something for periods of time. This stamina, or endurance, builds strength. Stamina can apply to lots of different areas, such as exercise or painting. It can also apply to reading.

Teachers often think about a student's reading stamina. Reading stamina is a child's ability to focus and read independently for long-ish periods of time without being distracted or without distracting others. Reading stamina is something that parents can help students develop. Here's how:

1. Vary the way the reading is done. Parents can think about this in terms of having their child "read to himself, read to someone, and listen to reading." Some combination of the three should make up the reading time, especially for new or struggling readers.
2. Choose "just right" books. If your child is at a stage of being able to read alone, help him choose books that he is able to read independently. This means he should be able to decode almost every word in the book correctly. In this situation, avoid using books that are too difficult to read alone. If your child will be reading with you, choose books that are lively and engaging.
3. Set reasonable goals. Most toddlers and preschoolers find it difficult to sit for long periods of time, even with the most engaging book! When starting out, limit book time to just a few minutes and work up from there. For elementary aged readers, consider starting with 10-15 minutes of reading time, and work up from there. Add a few minutes to your reading time every week or so.
4. Celebrate progress. Without getting too caught up on the number of minutes spent reading, celebrate the time that is spent reading. Share your favorite parts of books read, plan the next visit to the library, and share progress with other family members.

Spending longer periods of time reading means fewer interruptions and more time reading what you love. As your child moves into higher grades, having reading stamina will help your child navigate the longer texts and assignments. Using these tips can help develop more stamina in your reader.