

Building Reader's Stamina

You have probably heard your child's teacher talk about their reading stamina. Stamina is the ability to stick with a task for an extended period of time. Think of stamina as your child's reading endurance. Stamina comes into play early on in reading, but is crucial as your child progresses. As books get longer, your child's stamina will have to increase in order to finish the texts. When looking at a child's reading stamina, teachers look for a child's ability to read independently without distraction. Teachers will also be looking to see if your child finishes texts they choose or if they abandon books without finishing them. Here are some tips for building your child's reading stamina:

- Switch up reading time. Have your child read to himself, read to you, and listen as you read to them. This is especially important for young readers.
- Provide choices. Let your child choose the books s/he wants to read. If your child is interested in the book, they are more likely to want to sit and read it.
- Choose just right books. If your child is able to read independently encourage them to choose just right books. If your child's teacher sends books home each night these would be good choices for nightly reading. A just right book is a book your child can mostly read on their own, i.e. they can decode the majority of the text without support and can talk about the book to you. If your child feels successful when reading they are more likely to read for longer periods of time.
- Set goals with your child. Help your child build stamina by setting nightly reading goals. For example, tonight we are going to read for 10 minutes and tomorrow we will read for 12 minutes.
- Celebrate your reader. Take time to celebrate your child's successes as a reader. By celebrating, you will build confidence and it will encourage them to read more often.