

- Create a daily space for reading, especially bedtime reading. Organise a time when the televisions, computers and associated paraphernalia are switched off.
- Even older children enjoy being read to, so reading together is never limited to the early years. The teenager who finds novels a burden will feel more confident if you read the first chapter to them and perhaps some subsequent chapters to keep the momentum going.
- Don't be reluctant to allow your teenager to read below their age range to give extra confidence.
- Encourage your teenage child to read aloud to you, from library books and school work for example.
- Reading is a habit – one you want to encourage!

Libraries NI aims to encourage your teenager to enjoy ongoing independent reading. You can help by taking an interest in their reading tastes and looking through books, newspapers and magazines together.



*“Reading is to
the mind
what exercise
is to the body”*

Richard Steele

ENCOURAGING YOUR TEENAGER TO READ

tips for parents
and carers who
want to pass on
the reading habit

libraries **ni**



Encouraging your teenager to read is the single most important way to improve English and literacy skills.

Reading helps with all aspects of writing, creativity, spelling and significant parts of most other subjects on the curriculum. There are no shortcuts: the only way to improve reading is by reading.

Through reading for enjoyment your teenager will develop rich inner imaginative reserves, which will continue to enhance their life emotionally and intellectually.

Reading about difficult, embarrassing and awkward issues through the medium of stories and books will often open the way for a more frank discussion afterwards.



TOP READING TIPS

- Lead by example: have reading material in your home and be seen reading it.
- Reading for enjoyment is not just about books – have magazines and newspapers available in your home (perhaps on the coffee table/kitchen table). When you see an interesting or funny story, keep it to share and talk about later.
- Join your local library. It's free and everyone will find something of interest if given time to look. Some libraries, especially the larger ones, run activities designed for teenagers, such as Manga or Fashion Design Workshops and Reading Groups.
- Enjoy a regular leisurely visit to the library or bookshop with your teenager. Give them time to relax and browse through books of interest to them: tractors, sport, football, music, manga, fashion and even joke and comic books. Let them pick something they will enjoy, allowing him/her to practise reading and develop confidence.
- Fiction is essential, as the complex layering and progression of a great story helps the brain to develop emotionally and mentally. Don't be too fussy, though: any story your child enjoys will be working its own special magic on his or her imagination.