

Encouraging Your PRE-TEEN AND TEENAGER TO READ

Family Literacy

The reading, writing, watching and talking that families do together

Lire/Imagine/Read – a literacy-promotion project at the Montreal Children’s Hospital (MCH) linking health and reading – is run through a partnership between the MCH and The Centre for Literacy. It is associated with the Social Pediatrics Program at the hospital.

Here are some things that you can do to keep pre-teens and teens interested in reading or get them reading again:

- Set an example. Read at home and talk about what you are reading. “Reading is sexy!” says author Roch Carrier. “Just as exercising your body helps you look and feel good, reading exercises your mind and is part of a healthy lifestyle.”
- Keep all kinds of reading material in the house. Share a book you loved in your teens or read one of your pre-teen or teen’s favourite books.
- Share an interesting article from the newspaper or the web and ask for an opinion.
- Give the gift of a book or a magazine -subscription about your teen’s favourite topic: rock music, computer graphics, sports, dance, comics, graphic novels.
- Give a journal or diary and encourage writing privately every day.
- Ask for help in reading instructions, for -example, to put together new furniture or set up a new TV or your Smartphone.
- Ask for help to find things to do during an upcoming school break or holiday by searching online or finding a book at the library.
- Don’t nag or lecture about reading.
- Don’t tell your pre-teen or teenager that comics or other forms of reading don’t count.

Sometimes it may seem that your pre-teen or teenager is always on the phone, the computer or iPod, talking, playing games or listening to music, but don’t despair. Texting is a another form of reading and writing!

Like adults, pre-teens and teenagers are not all the same. They are also going through many changes in their lives. They have strong likes and -dislikes, and these include their attitudes to reading. They are becoming independent. Boys are often less interested in books and reading than girls are, but this is not true for everyone.



Some reasons that pre-teens and teens “don’t read”:

- They don’t like to read.
- They are rebelling against teachers or parents.
- They have trouble reading.

If you think that your pre-teen or teen may have a reading problem, discuss it with a teacher or doctor. It’s never too late to find help.

Resources

<http://www.readingrants.org/>

http://www.aps.k12.co.us/family/docs/parents_teen_reading.pdf

<http://www.adlit.org/article/23399/>

<http://www.gettingboystoread.com/content/motivating-teenage-boys-read>

More information on LIR

<http://www.thechildren.com/en/patients/lire-imagine-read-project>



L’Hôpital de Montréal pour enfants
The Montreal Children’s Hospital
Centre universitaire de santé McGill
McGill University Health Centre

www.thechildren.com



The Centre for Literacy
Le centre d’alphabétisation
www.centreforliteracy.qc.ca