



## PEIRCE CENTER

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# NEW YEAR, NEW ROUTINES: BUILDING READING STAMINA

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With the new year comes the well-intentioned New Year's Resolutions that seem to slip away from us as the calendar edges closer to February. However, not all resolutions need to be beyond our reach. As teachers or parents, we can work with our kids to build reading stamina and show them that goals can be achieved in incremental steps and can lay the foundations for future success.

Reading stamina refers to the ability to focus and read for long periods of time without distractions. Hiebert (2014) notes that, despite the increase in reading instruction in the post-NCLB school system, there has been a decrease in actual time spent reading in the classroom. However, the takeaway from this study should not be that more instructional time be devoted to forcing children to read for an allotted time. Dewitz (2017) opines that the lack of reading stamina in students is merely a symptom of a problem in which kids are not interested in reading or do not find reading a rewarding experience. Therefore, the solution is not to force students to read longer and longer passages; the solution is to foster an interest in books and knowledge.

How can parents and teachers do this?

- **Be a reading role model.** It's always important to model the behavior you want to see. Kids need to see adults in their lives reading and engaged in reading. In addition, specifically setting aside time in the day for you and your child to read (whether you read a book together or read your own books while next to each other) can help teach them to incorporate reading into their routine.
- **Create conversations about books.** Talk to students about what they are reading, and share what you are reading as well.

(continued on the next page)

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- **Allow students a choice in what they read.** Reading will be more enjoyable and authentic when students have opportunities to engage in topics that interest them.
- **Allow students to explore a variety of genres and text structures.** Students should be given opportunities to explore reading outside of a traditional narrative format. Expose students to a variety of genres as well as text structures, which can include nonfiction, newspaper articles, poetry, graphic novels, recipes in cookbooks, etc. Struggling readers may benefit from hi-low texts (high interest, lower reading level) or adapted texts of more difficult novels.
- **Create a purpose for reading.** Some students may need more external motivation to ease them into a reading routine and guide their focus on the story. Set easily obtainable tasks before they read such as asking them to identify a character they like/dislike during their reading time, to draw a picture of a setting or event, or reenact a scene from the story.
- **Showcase reading progress.** Find tangible ways to let your students show off their reading progress. Use a classroom reading log to keep track of the number of books for students. Parents can also assist their kids with a reading log app.
- **Reward reading achievements.** Praise and celebrate successes!

While many reading programs that tackle reading stamina may emphasize asking students to read for a specific time period and increase that time incrementally, this method implicitly equates reading as a chore that some kids must struggle through. Instead students should be given the opportunity to explore reading on positive terms and without pressure.

Instead of setting a New Year's Resolution of reading a certain number of books, start small. Ask your kids to find a single text that interests and excites them: a book, a poem, a recipe for something they want to make, a short story. Once a student finds something of interest, then it is time to help guide and support them, as needed, on their reading journey!

## UPCOMING EVENTS

- January 9: RMU Trees Network Parent Support Group
- January 11: I See Me in What I Read (PaTTAN Training)
- January 18: An IEP Series for Parents
- January 18: Using Decodable Books to Teach Phonics and Word Recognition (edWeb Webinar)
- January 19: Partnering with District Stakeholders to Grow Literacy (edWeb Webinar)

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### **URBAN IMPACT:** **VOLUNTEERS NEEDED!**

Volunteer with literacy support! No education experience necessary!

**What You Will Do:** Tutor students one-on-one for 20-30 minutes. Students are in 2nd-5th grade.

**Time:**

Monday-Thursday  
9 AM - 10:45 AM

Must be able to commit to one morning a week.

**Location:**

Provident Charter School  
1400 Troy Hill Road  
Pittsburgh, PA

Paid positions available! Program begins January 9. 1 day training in early January.

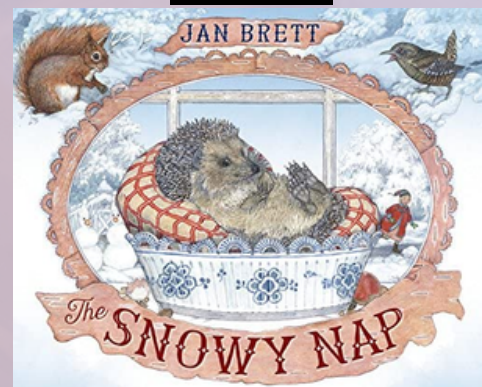
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### **RESOURCES FOR** **TEACHERS AND PARENTS**

- [Tar Heel Reader \(Adapted Texts for Struggling Readers\)](#)
- [Leveled World News Articles](#)
- [International Children's Digital Library \(Scanned Picture Books from Around the World\)](#)
- [Free Kids Books Online](#)
- [Storyline Online \(Storybook Readalouds\)](#)
- [Storynory \(Free Online Audio Stories\)](#)

### **BOOK OF THE** **MONTH**



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