

Tips When Kids Hate Reading

1. Give Them Options

Take a moment to calmly talk about what they would rather be doing at that moment. Give your child a chance to go and do their preferred activity, provided they return to their reading once it is complete.



2. Offer to Read with Them

Offering to sit and read with your child may help them feel more comfortable. You could offer to switch off reading pages aloud with them (they read one, then you read one). Listening to you will help them understand how fluent reading sounds.



3. Find Out Why They Are Saying It

If these outbursts happen regularly, it might be more than just a bad mood for your child. If their book is too hard or too easy, they will find it difficult to be entertained by the story.



4. Make Reading More Fun

If you have a reluctant reader who says, "Reading is boring," try to make it fun for them. Make sure they always have a fun book that they have chosen. Kids have so many choices made for them that the chance to pick something for themselves is freeing.



5. Explore the Feeling

A feeling is temporary, so when your child says, "I stink at reading," help them reframe it as a feeling. Instead of believing they aren't good at it, they feel that way, and you can help them improve. This approach validates their struggle while showing that these feelings are not permanent.



6. Read in "Chunks"

Reading for 20 minutes may feel overwhelming for your child. If so, try encouraging them to read for 10 minutes in the morning and 10 minutes in the afternoon. Breaking reading into manageable chunks can make it more appealing.



7. Don't Dismiss Them

Instead of a dismissive comment, react with empathy. Let them know that you're sorry they feel this way and then offer some of the options above.

