

# ideas for parents

Easy Ways to Build Assets for and with Your Child

## FAST FACTS

### ASSET #25: Reading for Pleasure

Youth are more likely to grow up healthy when they read for pleasure three or more hours per week.

**23%**

of youth surveyed by Search Institute have this asset in their lives.\*

### What Are Assets?

Assets are 40 values, experiences, and qualities that help kids succeed. "Reading for pleasure" is one of five commitment-to-learning assets.

\* Based on Search Institute surveys of 217,277 6th- to 12th-grade youth throughout the United States during the 1999-2000 school year.

## The Realities of Reading

"Reading is a basic skill," says the Commission on Reading in *Becoming a Nation of Readers*. "It is a cornerstone for a child's success in school and, indeed, throughout life."

While we understand the importance of literacy, why is it important for young people—in fact, all people—to read for pleasure?

The Commission on Reading contends that reading for fun teaches young people how to become strategic, skilled readers. When researchers D. L. Forrest and T. G. Wallace asked 3rd and 6th graders to read two stories, one for fun and one as a preparation for a test, they found that skilled readers read the two stories differently than the unskilled readers. The skilled readers remembered more of the story that was to be read for the test than the unskilled readers.

What was different? Skilled readers know there are different reasons for reading. They know they must change the way they read, depending on the circumstances. For example, skilled readers know that reading for pleasure



does not require an understanding of all the details, whereas reading for a test may.

Skilled readers also were more likely to ask questions when they didn't understand something they read, go to a dictionary for words they didn't know, and take notes on what they were reading. Skilled readers also were more likely to say that reading was fun.

According to Search Institute, those who have the reading asset in their lives read for pleasure three or more hours per week. That equals about 26 minutes a day. How can you encourage your child—and each family member—to take the time to read for pleasure?

## Helpful Hints

**Tips that encourage reading for pleasure:**

- **Keep comic books, newspapers, and magazines lying around the house.**
- **Set aside a family reading time once a week. With younger children, read aloud together. With older children, read different books while hanging out together.**
- **Read something yourself. Explain how it gives you pleasure while helping you learn about life and the world.**
- **For birthdays and holidays, give each other books and magazine subscriptions as gifts.**

## time together

Three ways to help your child read for pleasure:

1. Visit the library together on a regular basis. If your child doesn't have a library card, help her or him apply for one.
2. Start a home library. If you don't have room, encourage all family members to start a personal library in their bedrooms.
3. Create a book-a-month club. Have everyone in the family read the same book. Then discuss it.

