

For Families

Home Reading Routine Guide

Simple habits that make daily reading a joy, not a chore.

The 3-Book Rhythm

Pick just three moments in the day to read. Keep them short and predictable.

When	Length	What to read
Morning	2–5 min	A silly, wake-up book at breakfast.
Afternoon	5–10 min	A curiosity book — animals, trucks, space.
Bedtime	10–15 min	A cozy story + one old favorite.

Set Up a “Yes” Space

- Keep 6–10 books at child-height in a basket or low shelf.
- Rotate 2–3 books each week so the shelf feels new.
- Place a cozy pillow or blanket beside it.

When You’re Tired (and That’s Okay)

- **Read the pictures.** No words required — just describe what you see.
- **Let them lead.** Skip pages, re-read the same page, close the book early.
- **Audiobooks count.** Cuddle up and listen together.

Grow the Habit Over Time

- 1 Start with 5 minutes a day for 2 weeks.
- 2 Add a second reading moment for the next 2 weeks.
- 3 By week 5 you’ll have a real 15–20 minute rhythm — with almost no effort.

Remember: Consistency beats length. Two minutes every day builds more readers than one long weekend session.

Weekly Family Reading Tracker

Book	Mon	Tue	Wed	Thu	Fri	Sat	Sun
