

The reflective reader

How parents, carers and mentors can help

Before reading you can:

- encourage the reader to read a range of texts, both fiction and non-fiction, explaining their choices and reasons for their choices
- encourage the reader to read a book which is linked to one they have already read, for example it might be set in a similar location; it might be written by the same writer; it might deal with a similar theme.

During reading you can:

- read the opening of the text together and ask the reader to identify what they think the themes of the text will be. Ask them to explain why they think this
- encourage the reader to use the internet or reference books in the library to find a range of information about a chosen topic. Ask them to explain which are likely to be the most useful and reliable sources of information and why.

After reading you can:

- ask the reader to think back to the themes they identified from the opening of the text, to explain how they developed and which ones became more important towards the end of the text
- encourage the reader to use subject-specific vocabulary when discussing a text with you. Make sure they are able to explain clearly to you what they understand by it.

General advice for supporting young readers

Reading is like running in that some people find it easier and can go faster than others. Those who find it easy to read quickly generally derive more satisfaction from the activity, but may still choose not to read when alternative activities are available. Slower readers usually find reading harder work and so require more encouragement. They do need to persevere though as practice will improve their performance and they can go on to derive a lot of pleasure from reading once they identify the reading material that suits them. To improve their reading skills, young readers need to read a mixture of material – some that they find very easy to read and some that challenges them a little. Just like adults, readers will not want to read something challenging every time they pick up a book. But the more they read, the better.

Nevertheless, reading is not simply a process of devouring the pages. Reading is an active process of constructing the meaning of the text. Good readers make sense of what they read and increasingly are able to reflect on the implications of what the author has written. The ultimate purpose of reading is to understand and appreciate the writer's intentions and his or her art so that a confident response can be made.

The implications of this for parents and others supporting young readers are to:

- encourage reading by valuing what they choose to read voluntarily and by suggesting other material to widen the range and increase the level of challenge a little
- try to make some space for reading in the young person's day
- take an interest in what they are reading. Ask interested questions, not questions that sound like a test. If you can read the material yourself and discuss it, so much the better. Talking about what you have read makes you reflect on it, so deepening understanding.

Some discussion of the text and the task before reading is often useful. Try to ensure that the reader has a clear understanding of the task set. They should know:

- if they have to make a detailed response that will require close reading
- if they are looking for some information so that they need to skim and scan the text, changing to close reading when they find the relevant sections
- if they have been asked to read the text for a very specific purpose, for example to compare it to something else.

It may sometimes be useful to help the reader establish the social and historical context of what they are reading.

If readers are reluctant or the assignment looks as if it will be tough going, it is good to stay on hand. It is possible to support the process of reading without taking over. Avoid jumping in too soon if the young person hesitates over an unfamiliar word; try instead to encourage them to work it out for themselves. 'You read some, I'll read some and then we'll talk about it' is a last resort but still better than reading the text for them. If possible organise some little rewards for reaching certain milestones in the reading and know when to suggest a break.

After the reading, give praise for effort and perseverance where it is due and encourage the reader to say something about what he or she has read. Ask open questions that prompt description of what has been experienced without raising the fear of being wrong. Above all try not to reinforce the idea that reading is a chore that has to be endured. Focus instead on the constructive outcomes – what was discovered, what was enjoyed.