



Why Your Child Should Read 15 Minutes Every Day

“WHY CAN’T I SKIP MY 15 MINUTES OF READING TONIGHT?”

LET’S FIGURE IT OUT...MATHEMATICALLY!

Student A	Student B
Student A reads 15 minutes 4 nights of every week;	Student B reads only 5 minutes 4 nights...or not at all.
Step 1: Multiply minutes a night x 4 times each WEEK.	
Student A reads 15 minutes x 4 times a week = 60 minutes/WEEK.	Student B reads 5 minutes x 4 times a week = 20 minutes/WEEK.
Step 2: Multiply minutes a week x 4 weeks each MONTH.	
Student A reads 240 minutes a MONTH.	Student B reads 80 minutes a MONTH.
Step 3: Multiply minutes a month x 9 months/SCHOOL YEAR.	
Student A reads 2160 minutes in a SCHOOL YEAR.	Student B reads 720 minutes in a SCHOOL YEAR.
So what does this mean???	
Student A practices reading the equivalent of 6 whole school days a year.	Student B gets the equivalent of only 2 school days of reading practice.
By the end of 6th grade if Student A and Student B maintain these same reading habits, then...	
Student A will have read the equivalent of 36 whole school days.	Student B will have read the equivalent of only 12 school days.

WHY READ 30 MINUTES A DAY?

*If *daily* reading begins in infancy, by the time the child is 5 years old, he or she has been fed roughly **900 hours** of brain food!

*Reduce that experience to just 30 minutes a week, and the child’s hungry mind loses 770 hours of nursery rhymes, fairy tales, stories, and vocabulary development.

*A kindergarten student who has not been read aloud to could enter school with less than 60 hours of literacy nutrition.

Source: U.S. Department of Education, America Reads Challenge. (1999) “Start Early, Finish Strong: How to Help Every Child Become a Reader.” Washington, D.C.