

## HELP CHECK PRAISE...Encouraging Your Child to Read at Home

All parents want their children to develop the habit of reading. Parents can encourage the habit of reading with the Help•Check•Praise method. Help•Check•Praise is a method parents use to develop habits and skills in their children.

- **HELP** is the first step in developing a good habit. Whether the habit is making a bed, reading the newspaper, fastening a seat belt, or tying a shoe, the child must first be HELPED to master the task. HELPING is the most direct and personal way to teach. The word HELP implies that the child is performing the act with the parent's assistance.
- **CHECK** is the second step in developing a good habit. Once the child has mastered the task, the parent must CHECK to see that the child continues to perform the task well. For example, once a child knows how to make his bed, the parent CHECKS occasionally to see that the child maintains the habit. If the child is having difficulty, more HELP may be necessary.
- **PRAISE** is the third step in developing a good habit. The best way to encourage a child to continue a habit is to PRAISE the child for it. PRAISE is the best reward for a job well done.

Now suppose we want our child to develop the habit of reading the newspaper. We would begin by HELPING the child—sitting down with him, showing him the newspaper, pointing out the different sections, asking what he might find most interesting, taking turns reading with him, talking about what he has read.

After a few days of HELPING the child read the newspaper, we will want him to become more independent in his habit. So we will CHECK once in a while to see if he is reading the newspaper. We may CHECK by asking him what he has read in the newspaper that day. If we find that he is falling out of the habit of reading, we may need to HELP some more. As the child becomes an independent reader, he should be praised. A parent's PRAISE is a child's best reward.

Exerpt from Idaho Department of Education Parent Involvement Website.

[http://www.adi.org/Inventory/Pdf/Parent%20Course%20CD%20files/reading\\_at\\_home\\_2\\_new.pdf](http://www.adi.org/Inventory/Pdf/Parent%20Course%20CD%20files/reading_at_home_2_new.pdf)