

Here are some suggestions for developing a love of reading and sharing

stories at home.

#### Follow their interests:

Use your child's interests - if they are autistic or have ADHD, this is especially important. Whatever you read needs to reach their interest 'threshold' to gain and keep their attention.

#### Act it out:



Adding movement, through actions, toys, props or drawing, can be a wonderful way to sustain your child's interest in the story. This can also be a great way to test out what might happen next!



#### Make your own:

If your child has a particularly strong or passionate interest in something, why not use that to make up your own story? You could try re-telling their favourite game, for example: say it, write it, draw it - you could even record it to watch back another time!

For further information about a service level agreement with the Early Years and Key Stage 1 team or to find out more, please contact Samantha Asher via email: samantha.asher@adhdfoundation.org.uk



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## Talk about it:

Talking about books is really important! Talk about the cover, blurb and illustrations - can you make any predictions with this information? See if you can find books to recommend to other family members or friends! Can your child explain why they think their friend might like it?



### Mix it up:

Reading for pleasure can include lots of different texts! Some children prefer non-fiction (such as fact books or instructions) as it can seem more purposeful - especially if it enables you to make something together! Why not try shorter texts to dip in and out of, such as poetry or joke books? The novelty of a joke book can be particularly engaging for children with ADHD! You could even listen and read along to a text with an audio book (there are lots of free and paid options online).

# Have fun with it!

Reading for pleasure is meant to be just that: pleasurable. The more relaxed you both are, the more enjoyable it will be!

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