

7-Day Reading Routine for Beginning Readers

A simple plan to help your child build reading confidence at home.

Reading doesn't have to feel stressful. Just 15–20 minutes a day can make a powerful difference. Follow this simple 7-day routine to help your child practice the skills strong readers use every day.



PreK – Kinder

Day 1 – Sound Play (Phonemic Awareness)

Strong readers hear the sounds in words before they read them.

Activity (5–10 minutes)

Play a sound game with your child.

Say a word slowly and ask them to repeat the sounds.

Example:

- cat → /c/ /a/ /t/
- sun → /s/ /u/ /n/
- map → /m/ /a/ /p/

You can also ask:

“What sound does dog start with?”

Bonus

Have your child find three objects in the house that start with the same sound.

Example:

ball, book, bed

NOTES

Day 2 – Letter & Sound Match

Children must connect letters to sounds to become readers.

Activity (10 minutes)

Write or show 5 letters.

Example:

1. A
2. M
3. S
4. T
5. B

Ask your child:

“What sound does this letter make?”

Example:

M → /m/ like *moon*

Then ask them to think of a word with that sound.

Example:

/m/ → mom

NOTES



Day 3 – Build Words

Now children begin to blend sounds into words.

Activity (10 minutes)

Write simple 3-letter words:

- cat
- sun
- map
- top
- bed

Help your child sound out each letter.

Example:
c /a/ /t/

Then blend:

cat

Let them slide their finger under the word while blending.

NOTES

Day 4 – Read Short Words

Now we practice *decoding*.

Activity (10–15 minutes)

Give your child **5 simple words** to read.

Example list:

- cat
- dog
- sit
- nap
- run

Encourage them to:

1. Look at each letter
2. Say the sounds
3. Blend the word

If they get stuck, help them sound it out instead of guessing.

NOTES

Day 5 – Read a Short Sentence

Now children begin reading *connected text*.

Activity (10–15 minutes)

Read simple sentences together. (If you need additional practice sentences, the Yoshi Can Read Book Series can help support your child’s reading practice.)

Example:

- The cat ran.
- I see a dog.
- The sun is hot.

Ask your child to point to each word while reading.

NOTES

Day 6 – Fluency Practice

Good readers read smoothly and confidently.

Activity (10 minutes)

Pick one short sentence.

Example:

“The cat ran.”

Have your child read it three times.

- 1 first time – slowly
- 2 second time – smoother
- 3 third time – like talking

Celebrate improvement.

NOTES

Weekly Reading Tips for Parents

- ✓ Keep sessions short (15–20 minutes)
- ✓ Celebrate effort, not perfection
- ✓ Encourage sounding out words instead of guessing
- ✓ Make reading part of your daily routine

Consistency matters more than perfection.

If Your Child Is Guessing at Words...

Many children struggle with reading because they were never taught how to decode words.

The ABCs to Reading® program from The Reading Alliance teaches children the step-by-step skills strong readers use.

Phonics
Decoding
Fluency
Comprehension

When decoding clicks, confidence follows. Rooted in community, raising strong readers!

Learn more at [The Reading Alliance](#)