

# Helping Your Child Read & Achieve



## Pre-Course Resource

## Reading Reflection & Observation Journal

*Created by Dr. Rabin Nickens*

### **Welcome!**

*Before you begin the course, this journal will help you start observing and reflecting on how reading is a part of your child's everyday life.*

*Whether they have a set reading routine or you catch small moments of your child reading here and there – either is perfectly fine. There's no “right” way to complete this journal. The goal is simply to become more attentive and curious about your child's relationship with reading. Keep this handy – we'll revisit your insights during the course and build from there.*

*Let's get started!*

*Dr. Rabin Nickens*  
Ed.D., Ed.M., M.S.Ed.



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# Initial Reading Reflection



*Let's reflect on what reading is like right now. Use the following prompts to think about your child's current experiences with reading - big or small, planned or spontaneous.*

**How often does your child read (or get read to)?**

**When and how do your child's reading experiences typically happen?**

**How does your child feel about reading?**

**What types of reading material does your child seem to enjoy (if any)?**

**Do you feel like you know your child well as a reader? Why or why not?**

# 3-Day Reading Observation Log



Over the next few days, observe your child during **any time they engage with reading** — whether that's looking at a book, reading a recipe, using an app, reading street signs, etc. No need to set up anything special unless that's your routine — just watch what naturally occurs and jot down what you notice.

**\*Engagement Scale: 1 = Disinterested or distracted and 5 = Focused and enthusiastic**

|                                 | DAY 1 | DAY 2 | DAY 3 |
|---------------------------------|-------|-------|-------|
| DATE                            |       |       |       |
| TIME & SETTING                  |       |       |       |
| WHAT WAS READ                   |       |       |       |
| ENGAGEMENT (1 TO 5)*            |       |       |       |
| STRUGGLES OR CHALLENGING POINTS |       |       |       |
| ENJOYMENT? (YES/NO)             |       |       |       |
| NOTES OR REACTIONS              |       |       |       |

# Post-Observation Reflections



*Now that you've observed a few of your child's reading moments, take some time to reflect by using the questions below.*

**What stood out to you as you observed? Anything surprising or interesting?**

**What feels easy or enjoyable about reading time - for you or your child?**

**Did you notice any patterns or things that happened repeatedly?**

**What questions are forming based on your observations?**

**What's one area you would like to grow in or better understand?**

# Next Steps

*Great work taking the time to reflect and observe! By doing this, you've already begun building a stronger connection with your child as a reader. Here are a few optional ways to keep the momentum going until the start of the course.*

## 1. Revisit a favorite book together.

Choose a book your child enjoys and read it together again. Notice how they engage with it this time. Is there anything new or different?



## 2. Talk with your child.

Find a natural moment to chat with your child about reading. Ask questions like:

- What do you like to read about?
- When do you like to read the most?
- What's your favorite part of reading together?

You can also share your own responses. There are no right or wrong answers — just enjoy learning from each other.



## 3. Jot down a question.

Is there something about your child's reading that's been on your mind? Write it down for the course. It might be something we explore early on, a great question to share in your feedback to Dr. Rabin, or a point addressed during our live Q&A session.



Do what you can and if you don't get to do everything before the course, that's okay! Staying curious, observant, and caring about your child's reading is already powerful — the course will guide you the rest of the way. I look forward to seeing you soon!

*Dr. Rabin Nickens*  
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