



Helping Your Teen with a Disability Build Reading and Literacy Skills

Why Reading Matters

Reading is more than just a school skill it helps teens become independent, confident, and ready for life after high school. Whether your teen has a learning disability, ADHD, autism, or another developmental or physical disability, you can support their literacy at home in ways that feel natural and positive.

Understanding Literacy Challenges

Teens with disabilities may face challenges like:

- Difficulty with decoding (sounding out words)
- Trouble understanding what they read
- Trouble with attention or memory
- Low confidence from past struggles with reading

These are real challenges, but they can be addressed with the right support.

What You Can Do at Home

1. Read Together:

- Read aloud to your teen even if they are older.
- Try audiobooks or eBooks with text-to-speech. Let your teen listen while following along.
- Encourage them to choose books they're interested in, including comics or graphic novels.

2. Create a Reading Routine:

- Set aside 10–20 minutes a day for reading time.
- Make it cozy and pressure-free. No need to quiz them just enjoy the story or topic together.

3. Talk About What You Read:

- Ask open-ended questions: “What did you think about that character?” or “Why do you think that happened?”
- Help them connect what they read to their own experiences.