

My Child Is Behind in Reading?

A simple reading check + 7-day home practice tracker

How to use this sheet

Choose a calm time when your child is comfortable. This is not a test and it cannot diagnose dyslexia or another learning difficulty. Use it to notice what feels easy, what feels difficult and what improves with short, positive practice.

1. Quick reading check

Try a few words: cat, ship, rain, train, little, went, because, shouted.

Notice: Can your child blend sounds? Do they guess from pictures?

Do they sound out nearly every word? Do they repeat the same mistakes? Do they become tired or frustrated?

After a short story, ask:

Question	Child's response / notes
What happened?	-----
Why did it happen?	-----
What do you think might happen next?	-----

2. What should we practise?

If your child struggles with	Try this
Letter sounds / blending	Short sound-and-blend practice using words at your child's current level.
Reading words accurately	Decodable readers that match the phonics already taught.
Reading smoothly	Take turns reading a short passage. Model a sentence, then let your child try.
Understanding	Ask who, what, where, why and what-might-happen-next questions.
Confidence	Let your child choose some books and keep difficult practice short and encouraging

7-Day Reading Practice Tracker

Aim for a short, positive session. Consistency matters more than making the session long.

Day	What we practised	How did it feel?	Done
Monday	-----	Easy / OK / Hard	▪
Tuesday	-----	Easy / OK / Hard	▪
Wednesday	-----	Easy / OK / Hard	▪
Thursday	-----	Easy / OK / Hard	▪
Friday	-----	Easy / OK / Hard	▪
Saturday	-----	Easy / OK / Hard	▪
Sunday	-----	Easy / OK / Hard	▪

After 7 days, ask yourself:

- Is my child more confident with any sounds or words?
- Are the same mistakes repeating?
- Is reading still very slow or tiring?
- Does my child understand a story when it is read aloud, even if independent reading is difficult?

When to speak to school

If difficulties persist, affect confidence or schoolwork, or your child is making little progress despite appropriate practice, speak with the class teacher or school's reading/phonics lead. Ask what your child can currently do, which skills need strengthening and what support is being provided.

This printable is for home learning support. It is not a diagnostic assessment.