

Session Length Progression Plan

"Stamina grows slowly, like roots beneath the soil."

Gradually stretch attention span without frustration. Small, steady steps help reading time grow naturally—without stress for you or your child.

Visual Timeline (Approximate Guide)

Week	Target Session Length	Goal Focus Markers
1	5 minutes	Finish one short book or page without fidgeting
2	7 minutes	Stay engaged through 2 pages or 1 chapter
3	10 minutes	Ask a question or comment about the story
4	12–15 minutes	Sustain attention with minimal redirects
5	15–20 minutes	Read independently for half the session
6+	20 minutes+	Self-initiated reading without prompting

■ *Adjust based on your child's rhythm—not the clock.*

The 'Plus Two' Method

Once you've found your child's baseline attention span (for example, 8 minutes), gently build stamina over time using the 'Plus Two' approach. Progress comes from consistency, not pressure.

■ Week 1: 8 Minutes

Goal: Hit your baseline (8 minutes) every day.

Focus: Use the 'Permission to Stop' tool. Celebrate finishing 8 minutes successfully.

■ Week 2: 10 Minutes

Goal: Add just two minutes. ($8 + 2 = 10$).

Focus: When you hit 8 minutes, say, 'You're doing great! Let's just read to the end of this page.' Use the 'Rescue Toolkit' if needed.

■ Week 3: 10 Minutes (Hold Steady)

Goal: Do not add more time.

Focus: Hold at 10 minutes. This week builds confidence and makes 10 minutes feel easy and normal.

■ Week 4: 12 Minutes

Goal: Add two more minutes. ($10 + 2 = 12$).

Focus: You've made 10 minutes a habit. This small jump will feel much easier.

■ **Week 5: 15 Minutes**

Goal: Add your final minutes.

Focus: Celebrate! You've successfully—and patiently—built a new stamina level.

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