

GETTING STARTED • AGES 3-8

How to Teach Your Child English at Home, Without a Tutor

PRINTABLE ARTICLE

Every parent I've tutored has asked some version of the same question in the first five minutes: "Am I doing enough?" The honest answer is that most kids don't need a curriculum. They need fifteen consistent minutes and an adult who isn't stressed about it.

Here's the routine I actually recommend, built from a year of watching what works in real sessions with real kids.

Start with talking, not writing

Parents default to worksheets because worksheets feel like progress you can see. But for kids under eight, spoken English builds the foundation that writing later sits on top of.

Try this: at dinner, ask one question in English and let them answer however they can, mixing in Bengali if they need to. Don't correct every mistake.

The 15-minute structure that sticks

- **5 minutes — read aloud together.** Picture books work better than "learning" books.
- **5 minutes — one new word, used three times.** Use it in three different sentences across the day.
- **5 minutes — free talk.** No correction, no worksheet.

The mistake most parents make isn't doing too little — it's making the 15 minutes feel like a test.

What to do when they mix languages

Mixing English and Bengali mid-sentence is a normal stage of bilingual development. Gently model the English word back instead of correcting.

When it's time to bring in outside help

If your child is consistently anxious about English despite a steady home routine, bringing in a tutor for a few sessions can unstick things quickly.

The one thing that matters more than method

Consistency beats intensity. Fifteen calm minutes a day, most days, will outperform an hour-long session once a week that both of you dread.