Start by dividing a 6-letter word (e.g., DALTON below) into its first three letters and its last three letters. Add a common fourth letter to each group of three and make two four letter words. Continue by adding common letters and making increasingly longer words.

+  
D A L  
T O N  
E  
L E A D  N O T E  
S L A D E  S T O N E  
H  
L A S H E D  H O N E S T  
R  
H E R A L D S  T H R O N E S  

+  
P O R  T A L  
E  
R O P E  L A T E  
S  
S P O R E  L E A S T  
D  
D O P E R S  S L A T E D  
T  
D E P O R T S  S L A T T E D  

+  
R I N  D E R  
E  
E R I N  D E E R  
T  
N I T R E  D E T E R  
S  
S T R I N E  D E S E R T  
S  
I N S E R T S  D E S S E R T  

The reader might try dividing 9-letter words into three groups of three letters and repeat the exercise.

To spur you on, here are two examples (REMONSTRATED and MISREPRESENT) of 12-letter words divided into four groups of three letters:

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REMNONS TRATED
+OMORE SOON ROTA DOTE

MISREPRESN
+AIMS RAPE RASE NEAT
+MAILS PEARL LASER LEANT
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