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by Rob Biddulph

THE BENEFITS OF READING TOGETHER



Reigniting a love of sharing stories to promote wellbeing for everyone

Reading to your child on a daily basis throughout childhood is one of the most important factors in raising a reader for life, and creating a family reading habit enriches child-parent bonds.

Why is it important for parents & carers to **SHARE STORIES** with children?

65%

of 5-7 YEAR OLDS read to themselves when they are read to every day or nearly every day

73%

of 8-13 YEAR OLDS read to themselves when they are read to every day or nearly every day

Source: Nielsen Children's Deep Dive 2017

- Parents reading to children **stimulates independent reading for pleasure.**
- Reading, especially at bedtime, provides **quality moments** for both parent and child.
- For children, being read to is **fun, deeply reassuring** and **calming.**
- For parents, reading to a child is a **bonding** and **affirming experience.**

Source: *Print Matters More*, Egmont UK 2016

- A **supportive home environment** is important for the development of reading enjoyment and the development of positive attitudes towards reading. One element of a supportive home environment is shared reading (or reading aloud).
 - *Regardless of a family's income*, children whose parents read to them when they were just starting school **develop a greater sense of enjoyment of reading** than those whose parents did not read to them or read to them infrequently.
- Source: *Let's Read Them a Story! The Parent Factor in Education*, OECD, 2012

The benefits of READING FOR PLEASURE

Creating a love of reading for pleasure in children is critical. **Enjoyment, creativity, imagination, greater self-esteem, empathy, relaxation, escapism** and **improved communication skills** are **well-known benefits of reading.** And for adults, it can lead to a reduction in dementia and depression symptoms.

Source: The Reading Agency Literature Review: The impact of reading for pleasure and empowerment, 2015

Reading engagement and reading for pleasure lead to a range of **social, personal** and **intellectual outcomes.** These include enjoyment, social and cultural capital, social interaction, knowledge, creativity, empathy, self-expression and understanding of self and others.

Source: Read on. Get on.

Reading for pleasure is positively linked with the following literacy-related benefits:

- reading attainment and writing ability for reading
- text comprehension and grammar
- breadth of vocabulary
- positive reading attitudes, which are linked to achievement in reading
- greater self-confidence as a reader

Source: National Literacy Trust

Reading for enjoyment has also been found to have an impact on how well children and young people perform at school in general:

- Children who read for enjoyment are likely to do significantly better at school than their peers (Sullivan and Brown, 2013)
- Reading for enjoyment has been linked to other learning outcomes, such as a higher performance in maths and science.

(PISA, OECD, 2011)

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