

THE BENEFITS OF READING

DID YOU KNOW?

Research shows that reading has benefits in many areas of education and life. In addition to the obvious benefit on reading comprehension and attainment, it also impacts upon:

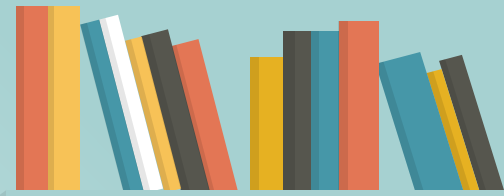
- Vocabulary
- Understanding of grammar
- Spelling skill
- Writing attainment
- Attitudes to reading and writing
- Knowledge and understanding of the world and other people
- Achievement in other subjects, including maths
- Empathy and understanding of emotions
- Development of our sense of 'self' and identity

LET'S TAKE A CLOSER LOOK AT SOME OF THESE BENEFITS:

Reading supports achievement in other subjects because it helps students to access the wider curriculum. Even maths attainment has been proven to benefit from reading skill, because in order to use maths skills, students are required to read and understand the questions they are faced with.

Research shows that reading can help to reduce stress and improve mental wellbeing. Linked to this, we know that research shows the numerous benefits of a good night's sleep, which can be significantly helped by a reduction in screen-time. Therefore, a bedtime routine which includes reading could help with relaxing before bed.





WHAT CAN YOU DO TO SUPPORT YOUR CHILD?

- Discuss with your child why reading is important in life and work. You could talk about how you've needed to read for purpose to help them to see the importance of this skill. Sharing your experiences, whilst being mindful not to add to any negative feelings, can help children to see that everyone struggles with certain things but it's worth persevering.
- Help your child to be proactive in their wider reading. For example, if they are covering World War II, explore age-appropriate texts on this through poetry, online articles or novels.
- Find a quiet space and time during the day/week where your child can regularly read alone or with you. Many students struggle to plan out their time and to balance their studying needs. Creating a schedule can help them balance studying with 'down-time' and reading for pleasure can be part of that.
- Take an interest in what they're reading and studying at school by reading around topics as well so that you can engage in discussion about their texts/ areas of learning, whilst modelling an interest in reading.

