

## Reading at home

The importance of reading with your children (both hearing them read and reading to them) at home cannot be understated. Here is just a selection of the many reasons as to why this is so:

- Children and young people who read daily are four times more likely to read above the level expected for their age compared with their peers who don't read daily (22.3% vs 5.7%)
- Studies have shown that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure was also associated with better sleeping patterns
- Studies have found that reading for pleasure enhances empathy, understanding of the self, and the ability to understand one's own and others' identities
- Reading for pleasure is more important for children's cognitive development than their parents' level of education and is a more powerful factor in life achievement than socio-economic background

Sources: [Billington, J, (2015) Reading between the Lines: the Benefits of Reading for Pleasure Quick Reads, University of Liverpool

<https://literacytrust.org.uk/research-services/research-reports/children-and-young-peoples-reading-201718/>

Every member of our school community wants our children to have the best possible start in life. By reading regularly at home, you are setting your children up for life-long success.

For more information (including practical tips about how to encourage and enjoy reading with your children at home), I have attached a fantastic guide for parents for you to read – and hopefully enjoy – at your leisure.

M Rawes

## Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"	Student "B"	Student "C"
reads <b>20 minutes</b> each day	reads <b>5 minutes</b> each day	reads <b>1 minute</b> each day
3600 minutes in a school year	900 minutes in a school year	180 minutes in a school year

**1,800,000 words**



**282,000 words**



**8,000 words**

