

**Supporting Reading at Home**

**Ten Benefits of Reading at Home**

**1. Reading to children has a positive impact on their outcomes.**

Research suggests that reading to children every day at a young age has a direct effect on their schooling outcomes regardless of their family background and home environment. It has a significant positive effect on their reading skills and cognitive skills later in life. Reading to young children 6-7 days per week has the same effect as being almost 12 months older.

**2. Reading exercises our brain.**

Reading is a much more complex task for the human brain rather than watching television, for example. Reading strengthens brains connections and builds new connections.

**3. Reading improves concentration.**

Children have to sit still and quietly so that they can focus on the story when they are reading. If they read often, they will develop the skill to do this for longer.

**4. Reading teaches children about the world around them.**

Through reading a variety of books children learn about people, places, and events outside of their own experience.

**5. Reading improves vocabulary and language skills.**

Children learn new words as they read. Subconsciously, they absorb information on how to structure sentences and how to use words and other language features effectively in their writing and speaking. If children read daily for fifteen minutes, in one year they will have read over one million words!

**6. Reading develops a child's imagination.**

As we read our brains translate the descriptions we read of people, places and things into pictures. While we are engaged in a story we are also imagining how a character is feeling. Young children then bring this knowledge into their everyday play which helps them to develop as writers.

**7. Reading helps children to develop empathy.**

As children develop they begin to imagine how they would feel in that situation.

**8. Reading is fun.**

Reading research suggests that it makes you feel happier. Reading reduces stress, promotes higher levels of self-esteem and a greater ability to cope with challenges.

**9. Reading is a great way to spend time together.**

Reading together on the sofa, at bedtimes and visiting the library are just some ways of spending time together.

**10. Children who read achieve better in school.**

Reading promotes achievement in all subjects, not just English. Children who are good readers tend to achieve better across the curriculum.