

Reading Matters!

I'm sure you'll agree that reading a book is one of life's simple pleasures. Do you remember being read bedtime stories when you were little? For me, being snuggled whilst listening to a story is one of my earliest, happiest memories. Reading a book is fantastic in so many ways; it is simultaneously relaxing, exciting and mentally stimulating.

Why are books so important, you ask? Although stories might seem trivial, evidence shows that reading for pleasure undoubtedly helps your child to succeed at school. Reading broadens vocabulary; reading teaches about different cultures; reading improves emotional understanding. It's not just reading stories that is important – reading helps us to learn facts about the wonderful world in which we live. The internet allows us to research any topic with a click of a button...but what good is this wealth of information to someone who can't read?

So, what's the problem? Despite the wide-ranging benefits, statistics show that shockingly, one in five children are embarrassed to be seen with a book! In 2012, research discovered that only 28% of 8-16 year olds were choosing to read daily. Take a moment to consider...how does your child spend their free time? As a parent and teacher, I know how busy life is, but surely it is worth taking a few minutes away from the hustle and bustle to share in the magic of a story?

If your child is a reluctant reader, fear not – it isn't too late! Take your child on a trip to the library this weekend. Share with them your favourite book as a child. Read them an interesting article you saw in the news. It doesn't matter what you read or how you read it, just get reading!