



# 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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