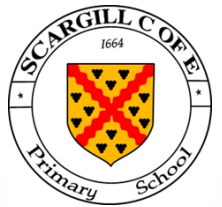




# The Importance of Reading



At Scargill, we are working hard to promote reading for pleasure. There is nothing quite like snuggling up with a good book: visiting lands in our imagination, finding out facts about our favourite topics or being immersed in someone else's story.

As much as we speak to the children about it, we need your help at home too. Reading is a great habit. Like all habits, it needs repetition and regularity to establish itself. As all of our lives are very busy, children need this time to be created for them. Whilst we do lots of this at school, reading should also be treasured at home. This will enable the love of reading to take root, grow and become part of your children's lives. And what an enriched life that will be!

Read below to find out why reading is so important and what you can do to help nurture this at home...

Reading with someone close to you **builds self-esteem, vocabulary, feeds imagination** and research suggests that it even **improves sleeping patterns!**

A quiet and relaxed environment works best, with few distractions. **Bedtime is a great time to establish this routine.**

**Happiness, fun, confidence and security...the benefits are limitless!**

Reading provides **relaxation, time together, routine** and promotes a love of reading for pleasure.

Although listening to reading can sometimes feel like a chore, it will soon grow into a deep joy for parents and children creating a **lifetime bond** of sharing.

The **difficulty of vocabulary increases** as children get older, so it is vitally important that they still have an opportunity to **discuss meanings with an adult.**

Reading for pleasure is more likely to determine whether a child does well at school than their socio-economic background.

**Share** some of your favourite childhood books together or go hunting for a new one at the local library. **Take turns** in reading pages and talking about likes and dislikes. There really is no right or wrong, **simply quality time together.**

Listening to your child read shouldn't stop as they get older. In fact, they still love the same **protected time to bond with a parent or caregiver**, even if they appear too cool for school! Working together helps them to feel valued and connected.

