



## Literacy – the importance of reading for pleasure and how you can support this at home.

It is a commonly acknowledged fact that reading for pleasure across all ages brings numerous benefits, none more so than at school age. In the English Faculty here at Boroughmuir, we promote reading for pleasure with a 10 minute reading slot at the start of every lesson – no pressure, no book lists, no levels or zones of development, with free pupil choice (with guidance and recommendations if they ask, of course) as well as fortnightly visits to the library. We also encourage all pupils to read at home for at least 10-15 minutes on a regular basis - every night if possible. Below you will see some facts to support reading for pleasure and resources and strategies you can use at home to build your young person's love of reading.

### Benefits

1. Reading for pleasure has many non-literacy benefits and can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life (The Reading Agency 2015).
2. Reading for pleasure has social benefits as well and can make people feel more connected to the wider community. Reading increases a person's understanding of their own identity, improves empathy and gives them an insight into the world view of others (The Reading Agency 2015).
3. Students with more positive attitudes towards reading are more likely to read at or above the expected level for their age (Clark 2014).
4. There is a strong association between the amount of reading for pleasure students say they do and their reading achievement (Twist 2007).
5. Students who read for pleasure make significantly more progress in vocabulary, spelling and maths than children who read very little (Sullivan and Brown 2013).
6. Teachers who encourage students to read books of their choice for pleasure is a major contribution towards students developing a positive attitude towards reading and a life-long interest in reading. (International Reading Association, 2014). [www.booktrust.org](http://www.booktrust.org)
7. Children who say they have a book of their own are three times more likely to read above the level expected for their age than their peers who don't own a book (12% vs. 4.2%). (National Literacy Trust 2018)
8. 10-year-olds who enjoy reading have a reading age 1.3 years higher than their peers who do not enjoy reading, rising to 2.1 years for 12-year-olds and 3.3 years for 14-year-olds (National Literacy Trust 2016)



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### Strategies and resources

1. What **you** do still has a huge impact on your young person. Consider yourself and your family ‘enabling adults’. Model taking a wee bit of time to read.
2. Model good browsing habits – in the library, in the book shop, in the supermarket, in the newsagent.
3. Show that books and reading are valued and valuable – keep books safe and cared for at home.
4. Visit the library – your local library has a wealth of resources as well as free ebooks and audiobooks. See [http://www.edinburgh.gov.uk/info/20012/libraries/115/join\\_the\\_library](http://www.edinburgh.gov.uk/info/20012/libraries/115/join_the_library) to join online for free.
5. Worried about too much screen time? Make a family reading time – even if half an hour – and put the screens away while everyone reads for pleasure.
6. Reading is not just about fiction! Audio books, newspapers, magazines, comics, cookery books are all great sources of reading for pleasure. All reading is good reading 😊
7. Talk to your young person about what they are reading – at home, in school, what you liked to read at their age and now.
8. If English is not your first or home language, your library has lots of dual language books.
9. **Recommendations** - <https://www.lovereadings4kids.co.uk/> has great options and you can read sample chapters for a huge number of books, for free.
10. See also <https://www.goodreads.com/> and regular round-ups on The Guardian and The Telegraph newspaper websites.
11. <https://schoolreadinglist.co.uk/category/childrens-book-reviews/> has suggested lists searchable by age range.