



WORLD
**BOOK
DAY**

For the Love of Reading...

We want to be a community of readers. Reading is taught at school — but needs to be done anywhere and everywhere. This World Book Day leaflet is intended to support and inform parents about reading for pleasure.

Where to go to find the right book for your child to read – or to be read to....

Children need help finding the right book to read that entertains and engages them. Books that are too easy for children don't give them the challenge they need to make progress. Books that are too complex frustrate them. Help is at hand though. ...

- The internet has lots of places to go as a parent, to help find the right book for your child and to support parents .
 - ⇒ <https://www.worldbookday.com/reading-ideas-youll-love/>
 - ⇒ <https://www.booktrust.org.uk/books-and-reading/>
 - ⇒ <https://www.booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/how-to-read-with-your-child/>
 - ⇒ <https://www.lovereadings4kids.co.uk/>
- The local library.
- Bookshops and charity shops

How to help your child choose a book that you think they will enjoy reading independently:

The five finger rule for children:

Get your child to read the second page.

Hold up a finger for each word they are not sure of, or do not know.

If there are five or more words that they did not know, you should choose an easier book.

Still think it may not be too difficult? Use the five finger rule on two more pages.

However, when reading a book to your child, this rule does not apply.

Children are never too old to be read to!

It can be challenging, as a parent, to get your child to read — but so incredibly important too.

Did you know...

The impact of reading for pleasure on progress in vocabulary, maths and spelling with 10-16 year olds is 4 time greater than if their parent has a degree.

Children who read for pleasure daily or nearly every day are a year ahead in reading performance versus those who never do.

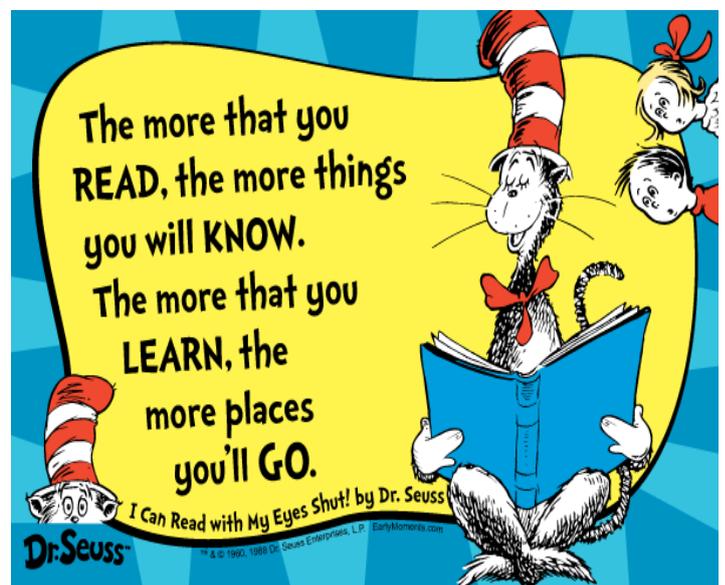
Independent reading for pleasure has a positive impact on children's wellbeing. Benefits include better resilience, happiness, empathy, communication skills and relaxation. This is so important when we consider children's mental health, because currently 1 in 10 children age 5-16 suffer from diagnosable mental health disorder.

According to a National Literacy Trust report, 76% of children who have high mental wellbeing think positively about reading, whereas 48% of those who have low mental wellbeing think positively about reading. It's clear we need to encourage more children to read.

What encourages children to read for pleasure?

Egmont's extensive research into what helps children's reading for pleasure (www.egmont.co.uk/research) has found that a reading routine and having free choice of reading material is very important. **And above all being read to, and the emotional connection between parent and child that this facilitates, is pivotal for encouraging children to read independently.**

When children are read to they enjoy the same benefits as reading independently and much more besides. When reading to a child the implicit message is 'You matter enough for me to give you my time'. Children feel loved, secure and a deep sense of well-being when they are read to. This brings happiness, comfort and reassurance. There are great benefits of a reading routine like 'bath book bed', which creates quality time together in hectic family schedules. Having this time reinforces family ties, creating moments of intimacy, of parent-child bonding, and is an expression of maternal / paternal love.



Reading to children has a positive impact on their well-being and mental health. It builds their imagination and empathy, expands their vocabulary and communication skills.

Beyond these many benefits, it also brings great joy to parents.

Parents feel positive about their parenting and the shared experience becomes part of family life.