Why read for fun?

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| **Learning** | It improves academic attainment and literacy skills. |
| **Social skills** | It develops empathy and offers an insight into the wider world. |
| **Wellbeing** | Regular reading for pleasure has been shown to lower levels of stress, depression and anxiety. |

How you can help

1. Let your child read what they want.
2. Help them choose reads *which are challenging for them.*
3. Have a variety of reading material at home: join your local library.
4. Be seen reading!
5. Too much screen time? Try muting the TV and putting on subtitles.
6. Give your child time to read every day – just before bed is a good time.
7. Non-fiction and fiction all count towards reading for pleasure.
8. Ask your child about what they’re reading.
9. Make reading a reward.
10. Get in touch if you’d like any more tips: [pmclean@st-ninians.e-dunbarton.sch.uk](mailto:pmclean@st-ninians.e-dunbarton.sch.uk)