

Why should our children read?

There are many good reasons why we should all read regularly. You probably have your own favourites but here are Court Lane's top ten reasons why reading is important for our children. It helps us:

1. **Get better at it**

No surprise! The more often and widely we read, the better we get at it.

2. **Exercise the brain**

Reading is a complex task that challenges our brain, strengthening and building new connections.

3. **Improve concentration**

Reading requires us to sit still, quietly and focus on what we read. The more we do this; the longer we can do this.

4. **Learn about the world**

Through reading, we are able to learn about the wider world beyond our own experience.

5. **Improve vocabulary and language skills**

Not just learning new words but developing our skills to structure sentences and use words and language effectively.

6. **Develop imagination**

Our minds are responsible for creating images from written descriptions and widen our understanding of what is possible.

7. **Develop empathy**

While reading, we identify with characters and feel what they are feeling. This helps us empathise in our real world.

8. **Improve life chances**

Pleasure readers not only experience greater success academically but also go on to experience greater success in the workplace.

9. **Relaxation**

In the fast-paced, digital world we live in it is important for health and well-being to relax and be silent. Reading is a great stress-buster.

10. **Entertainment**

Whatever your taste in books, there is something out there to capture your curiosity and imagination; make you laugh, shriek or cry and provide a never-ending supply of entertainment.

Top reading tips



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Libraries

Use your local library to order and borrow books **free of charge**.

<https://www.portsmouth.gov.uk/ext/libraries/libraries>

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