

# READING IS THE KEY TO SUCCESS...



## The Importance of Reading

The importance of reading for children cannot be underestimated. Reading for pleasure can benefit a child's education, social and cognitive development, their wellbeing, and their mental health.

Engaging with books allows us to be transported to other places and worlds. We can become immersed in the lives of fictional characters or learn more about the world around us.

Reading is a key life skill. It is commonly said that a child's future academic success and job prospects are directly related to their reading proficiency.

## Parents in Partnership

It is crucial for both school and parents to actively teach their child to read. We need you to create a home environment where reading is encouraged and seen as a pleasurable experience.

## To do list:

- Read everyday with your child for 10–15 minutes.
- Make reading time pleasurable by finding by finding a quiet, comfortable space and giving your child your full attention.
- Use positive language and praise their reading efforts.
- Read to your child as part of your evening routine. This builds vocabulary, feeds imagination and can even improve sleep patterns.

## High-quality books

We will ensure that your child has a reading book which is suitably pitched to build confidence as a reader and fluency.

We also recommend reading books for enjoyment with parents support. Please ask your class teacher to borrow a copy of your read aloud texts.

# BEDTIME READING...



If your children are having trouble sleeping, it may be because of the things that they do before bed. Watching TV or playing video games before bed can actually have an impact on their sleep quality. The good news is that night time reading can help improve their sleep and make sure they wake up feeling refreshed and ready to take on the day!

## Night Time Reading

Night time book reading is the practice of reading before bed to improve sleep. It can be done with any type of reading material, whether it's a paperback or on an e-reader. Reading at night has been shown to help children (and adults alike!) fall asleep faster and stay asleep longer because their brains associate bedtime with rest and relaxation.

## Why?

When you read a physical book before bed, your brain starts to slow down and the cortisol levels in your body start to decrease. This means that bedtime reading can help your children to start to feel more relaxed and they will be less likely to have trouble falling asleep. Additionally, night time book reading can help improve your children's sleep quality by distracting them from any noises or distractions that may be going on around them. It also helps them tune out from their own mind chatter. So if your children are having trouble falling asleep because their minds are racing, reading can help calm down those thoughts so that they can drift off to sleep more easily.

Night time reading also helps improve the quality of your children's sleep by sending signals to their brains about when it's time for bed. When they read with a small reading light next to them, their brains start to produce melatonin which helps them to fall asleep. So by reading a book before bed, they're preparing their body for sleep to ensure they get the most out of those hours.