



## HEALTHY HABITS

When it comes to reading materials anything goes. Books, ebooks, audio books, newspapers, free supermarket magazines, comics, leaflets, recipes and so on. If you can, visit your local library—there will be something to interest even your most reluctant readers there, including books on their favourite TV characters or games.

The pace of life today is more hectic than ever, but building in book time can be a great way to relax and unwind. Find a reading habit that you can fit into daily or weekly life...

- Put a couple of 'Book Boxes' or 'Book Baskets' around the house with some interesting reading material inside—you could even put one in the 'Reading Room' aka the bathroom!
- Set a timer for 10 or 15 minutes and get everyone to read together in the same room; after dinner works well or before bed is ideal too.
- Have a 'Switch-Off' Sunday—go analogue for the afternoon. No screens allowed—just reading and/or family games.
- Tempt everyone to the table with a 'Booky Breakfast' have a different breakfast like pancakes and fruit—with a side order of books.

**Children who read, succeed.  
End of story.**

### Did you know?

Children whose parents regularly read aloud with them in the first year of primary school performed substantially better in reading at age 15 than children whose parents rarely, if ever, read to them.

**OECD  
What Can Parents Do**

## READ TO SUCCEED



## How to Help with Reading at Home



## READING FOR PLEASURE

As teachers, parents and carers we must do whatever we can to encourage our children to read for pleasure: as a choice, as a hobby, and as a habit.

Children who regularly read for fun improve their vocabulary, their spelling and writing—it can even have a positive impact on maths!

The research is clear: children who read for pleasure succeed, at primary school and beyond. Not only that, but reading is great for relaxation and is an ideal way to give children a break from screen time and computer games.

Reading for fun can increase your child's self-confidence in reading, it also helps them understand different cultures, lives, and points of view—it can even make them smarter!

## BOOKS FOR BEDTIME

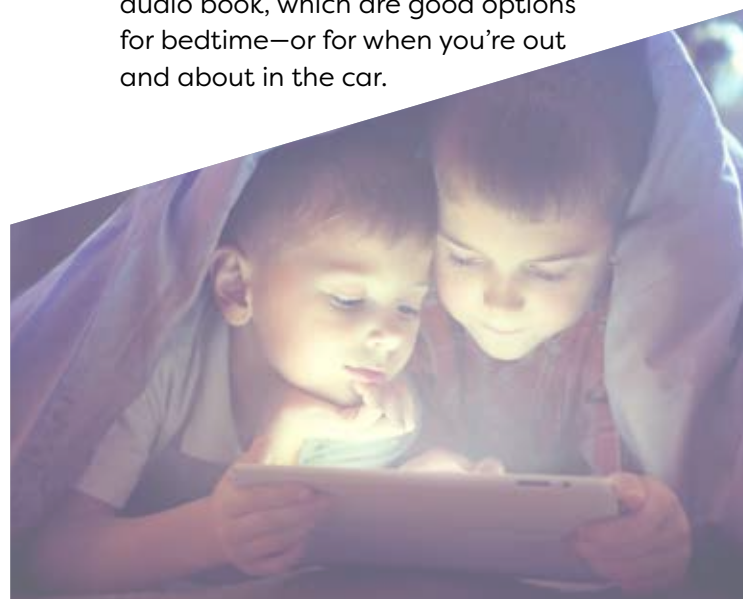
At school, your child will practise their reading skills through lots of different activities. You can help at home by reading to your child/children too.

A bedtime story is an ideal way to end the day. Bath, bed, book—is a brilliant routine when you can manage it.

Even when your child can read, it's still worthwhile to read something together that is too hard for them to read on their own.

Don't have time for a chapter a night? Share a favourite picture book, a poem, some jokes or even a comic—or an article from a magazine; something is better than nothing.

On nights when life is just too busy, fit reading in by using a story CD or an audio book, which are good options for bedtime—or for when you're out and about in the car.



## Did you know?

Research shows that children are more likely to continue to be readers in homes where books and reading are valued



## HOW TO HELP WITH READING HOMEWORK

The good news is that you only need to know one trick when your child is learning to read: it's all about the **sounds** we say when we see the letters: /k/ /a/ /t/

If your child is stuck on a word, ask them to '**sound it out**'. Put your finger under each letter as they say the sounds—then **blend those sounds together** to make a word.

Guessing should not be used. All the clues you need are on the page—the letters!

Your child's school will be able to give you further advice about how you can help.