10 Benefits of Reading for Kids and Adults

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CNK Digital E-Book Series
Reading Often Means Reading Better

After all, practice makes perfect in almost everything we humans do and reading is no different. Reading a chapter, an article, or a blog a day can improve your child’s reading skills by almost 40%. Kids will incorporate reading into their daily routine which will encourage them to see reading as pleasure and not a chore.
Exercise Your Smartest Muscle

Your brain benefits from a good workout, just like any other muscle in your body. Because reading calls into play several different areas of the brain, it is more of a neurobiological demand than processing images or speech and therefore a more strenuous exercise for your brain. Watching a movie or listening to books on tape will work out and expand your brain but not at the same level that reading can. The act of reading demands intelligence, concentration and frequently brings into play your imagination.
A Child’s concentration heavily depends on their interest towards the subject matter. If you have trouble concentrating on what they are reading, the reason must be their unhappiness with the subject of the book, article or even blog. Try giving them reading material that will interest them. It will ignite their imagination and they will no longer be interested in anything else, while they are reading.
10 Benefits of Reading, for Kids and Adults

“Reading is the Key to Intelligence

Through reading, kids learn about people, places and events outside their own experience. They are exposed to ways of life, ideas and beliefs that they may not see in their surroundings. Reading about the unknown, creates curiosity to know more and therefore to read more.
Let Your Language Skills Speak for Themselves

Reading improves a child’s vocabulary, leads to more highly-developed language skills which in turn improves writing skills. As children read, they learn new words by absorbing the information from the pages, such as sentence structure, or proper word.
Empathy

Reading can become very personal when the child starts to empathize with the characters in the book. Suddenly, he or she starts feeling what the characters might feel. This teaches them a very valuable lesson, of understanding other people. Having empathy for others helps a child be more aware of their actions since they know that it may or may not hurt someone, even with words.
Free Your Senses

The constant movement, flashing lights and noise which bombard our senses when we’re watching TV, looking at a computer or playing an electronic game are actually quite stressful for our brains. When we read, we read in silence and the black print on a white page is much less stressful for our eyes and brains.
Too Much Reading

Even though reading is good, it can cause some serious harm to both you and your child. As we know everything is good in moderation, and the same goes for reading. When your child reads for long periods of time, his or her brain gets over-stimulated which can cause nightmares and anxiety. Also, reading requires none or little movement and even though it is sometimes good for the child to sit still and it is as important to run around and engage in physical activity. And finally, when doing too much of even a good thing such as reading, it causes your child to lose interest. Keep a healthy moderation of any activity.
Aside from all the important elements we mentioned in this E-Book, reading can be simply referred to as entertainment. It is as entertaining to read as it is to watch a movie, or a cartoon. Kids do not always know the fun part of reading, and associate it with a chore. However, once we show them how a book can be amusing, hilarious, charming, engaging, suspenseful or even scary, they will love it.
Be your child’s biggest cheerleader! For children to do well in school and reach their full potential, they need to believe in themselves and have confidence that no matter what their report card says, they are valuable and loved. Find out what your child is good at- even if it’s not math or science- and help him/her cultivate that interest. Look at specific areas that your child struggles with and acknowledge when even the smallest accomplishment has taken place.