10 Benefits of Reading With Your Children

Reading to your children is a mutually beneficial experience which is able to nurture self-expression, self-confidence and increase literacy skills. In addition, reading with your children provides a valuable bonding experience between a parent and a child. We have compiled 10 benefits of reading with your children, as-well-as some suggested reading material for your little ones.
As a child uses his or her imagination, it helps them make sense of the world, while stimulating creativity, confidence and well-being.

Recommended Reading: *It’s a Book* by Lane Smith
2. Reading Builds Confidence

Reading aloud can be quite beneficial to your child. Reading together in a relaxed and playful environment can boost your child’s confidence and give them a head start at school.

Recommended Reading: *What the Ladybird Heard* by Julia Donaldson
Reading is proven to promote children’s motor skills, such as learning to turn a page and memory stimulus. Children often have favorite stories that they ask to be repeated over and over again. Repeat reading stimulates the brain and helps build memory skills.

Recommended Reading: *Again!* by Emily Gravett
Reading time allows parents to create a one-on-one interaction and communication with their child. Reading together can also create a fun and playful bonding experience.

Recommended Reading: Zoe and Beans: *The Magic Hoop* by Chloe and Mick Inkpen
Reading Together Helps Children Develop a Love for Reading

When parents read \textit{with} their kids, it subsequently makes the process more enjoyable and promotes the activity of reading for pleasure. Reading has also been proven to significantly increase a child’s potential for academic success.

\textbf{Recommended Reading: Dear Zoo by Rod Campbell}
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Reading Builds Attention and Listening Skills

When reading with your children, your voice becomes their primary focus and in turn attributes to their development of attention and listening skills.

Recommended Reading: *Goat Goes to Play Group* by Julia Donaldson and Nick Sharratt
Reading is proven to greatly increase your child’s vocabulary. The more words a child learns and understands, the better they are able to communicate and articulate their thoughts and emotions.

Recommended Reading: The Very Hungry Caterpillar by Eric Carle
In addition to expanding children’s horizons, reading regularly also quells fears. Reading teaches children appropriate behavior and exposes them to new situations. For example, the most valuable lesson a child can take away from the famous story of *Little Red Riding Hood* is to “not to talk to strangers”

Recommended Reading: *Wolf Won’t Bite* by Emily Gravett
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Reading Helps Develop and Foster Natural Curiosity

Stories are proven to encourage children to ask questions when curiosity arises. Adventures described in books often expose children to a world outside of their own. Reading stimulates curiosity and quenches a thirst for learning.

Recommended Reading: Missing Mummy by Rebecca Cobb
Bedtime Reading is a Calming and Relaxing Activity

Children often welcome routine, therefore a nightly story encourages them to look forward to bedtime and winding down. A warm and loving experience between a parent and a child, accompanied by the sound of a parent’s voice can be quite comforting.

Recommended Reading: Not on a School Night by Rebecca Patterson