

STRINGER LIBRARY TOP TIPS FOR READING

I have put together some top tips that will hopefully inspire you and your children to read more. Reading for just **10 minutes a day** is proven to increase grades across the curriculum by improving vocabulary and grammar. Reading boosts self-esteem, mental health and empathy.

1. **Set a time to read each day**, choose a time when you can relax and enjoy reading. Try reading together or ask siblings to read to each other. For reluctant readers ask them to read a page or chapter and then ask them about the story!
2. **Read aloud!** The benefits of reading aloud are proven – choose a book to read aloud together. This could be a book you enjoyed when you were younger or a book you have always wanted to read!
3. Don't like reading aloud? **Try an audiobook!** <https://stories.audible.com/start-listen>
Audible stories are free to stream on your desktop, laptop, phone or tablet.
4. **Be your child's role model.** What are you reading? Tell your child about it or tell them what books you enjoyed as a child. Don't like fiction? What are your interests? Find non-fiction about what you love doing and share this with your child. What do they like doing? Find non-fiction books about their interests and share these.
5. **Make reading enjoyable, time to relax together, time away from screens and a chance to escape to another world!**

Here are some websites for you to explore:

<https://www.worldbookday.com/ideas/100-stories-to-share/young-adults/>

You must read this... here are the TOP 25 BOOKS FOR TEENS as voted for by you. These are the books that you can't wait to press into the hands of your friends. The **books that everyone's talking about** and the stories that have stayed with you long after the final page. The **tearjerkers**, the stories you want to share and the **books that have changed the way you think**. Happy reading and happy sharing!

<https://www.worldbookday.com/wp-content/uploads/2014/02/WOP-DOWNLOAD-FINAL.pdf>

WRITES OF PASSAGE

In 2014 World Book Day asked young people and adults nationwide to nominate the books that have rocked their worlds, to help create **Writes of Passage – the ultimate list of 50 books that will change YOUR life** and keep you reading. Enjoy the results!

<https://new.brighton-hove.gov.uk/register-library-card-online>

It's FREE to join Brighton and Hove Libraries online and access e-books, magazines and newspapers easily. There are lots of other resources to use as well. If you are already a member of the public library, then all you will need is your 4-digit pin number to access all these fantastic FREE resources. If you don't have this you can email libraries@brighton-hove.gov.uk

Check out <https://www.lovereading4kids.co.uk/>, a fantastic website with loads of ideas. The more you read, the more you can recommend.

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>

Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

The books have all been recommended by young people and health professionals.

Keep reading!

Ms Morden | School Librarian