

# LIVERPOOL READATHON

**DROP EVERYTHING AND READ  
MARCH 2020**

THE BENEFITS  
OF READING  
FOR PLEASURE

**QUICK READS FOR  
ANY TIME AND  
ANY PLACE**

HELPING YOUR  
CHILDREN  
WITH THEIR  
READING

Ways that you can help  
your children develop a  
love of reading





# LIVERPOOL READATHON

From 2nd - 13th March schools across Liverpool will be taking part in a citywide sponsored read event that will help to raise money to fund books and storytellers for Alder Hey Children's Hospital.

The Liverpool Readathon is a project ran by the charities Read For Good and Liverpool Learning Partnership. It incorporates a citywide Drop Everything and Read (#DEARLiverpool) at 10am on World Book Day (Thursday 5 March) where businesses and community groups will be taking part too.

Alder Hey's Arts Coordinator, Vicky Charnock said: "Read for Good's storyteller and bright-orange mobile bookcase are well-known at Alder Hey, where the service has been running since 2014. We love the loop of children in our schools reading to bring stories into our hospital. Imagination is a ticket to the wider world when you're in hospital and the power of stories to entertain, uplift and distract is incredible and something I've seen first-hand at Alder Hey with Read for Good."

Money raised will be used for school libraries and by the charities to fund their work in Liverpool, including Read for Good's mobile bookcase and resident storyteller at Alder Hey Children's Hospital.

[www.readforgood.org/liverpoolreadathon](http://www.readforgood.org/liverpoolreadathon)

A close-up photograph of a person's hands. The left hand holds a rustic, light-colored ceramic mug with a dark handle and some blue-green glaze. The right hand holds an open book, with the pages visible. The person is wearing a light green, textured knit sweater. The background is a soft, out-of-focus light color.

**THESE BOOKS  
GAVE MATILDA A  
HOPEFUL AND  
CALMING  
MESSAGE: YOU  
ARE NOT ALONE.**

ROALD DAHL, MATILDA.

# WHY IS READING FOR PLEASURE SO IMPORTANT?

The benefits of taking time out to read



## FAMILY BONDING

Research has shown that parents and children who read together are more likely to have more effective communication within everyday life. Taking time out to read with your child can help you to develop close bonds.

## KNOWLEDGE OF OTHER CULTURES

Books are a great way to find out more about other cultures and how they live their lives. Moyer (2007) found that frequent readers had a greater general knowledge about other cultures.

## EMPATHY

A study carried out in Canada (Marr et al, 2006) showed that reading fiction can help us develop empathy for others. Understanding characters in fiction helps us to develop the skills to better understand the experiences of friends and colleagues in real life.

## CREATIVITY AND IMAGINATION

Reading the ideas of others can help to inspire our own writing or artwork. Reading widely can help children to develop their own artistic tendencies.

## HEALTH BENEFITS

Studies have shown that reading for pleasure can cause a reduction in symptoms of anxiety and depression. It has also been found to be more effective at reducing stress than even going for a walk or drinking a cup of tea.

In studies of older people living with dementia, it has been found that engaging with reading can reduce or delay the onset of symptoms. Billington (2013) found that patients reported enjoyment, feelings of authenticity, having a meaningful experience, and a renewed sense of personal identity after reading.



**READERS ARE  
MADE ON THE  
LAPS OF THEIR  
PARENTS.**

EMILIE BUCHWALD

# Encouraging children to read for pleasure

## *Be Seen Reading*

Children are influenced by the words and actions of the adults around them. If they see you reading, just as part of your day to day life, they are more likely to pick up a book/comic and join in too! It doesn't need to be a large, hefty tome. It can be anything- a magazine, a recipe book, a newspaper. It doesn't need to be for long. They just need to see you doing it!

## *Library Visits*

It's never too early to start taking your child to the library. Edge Hill University and Liverpool City Council have sponsored 10,000 library cards for babies and young children. There's also a range of story and rhyme times that you can attend at your local library. You can even access library books and audiobooks on your computer, tablet or phone at [www.readliverpool.co.uk](http://www.readliverpool.co.uk)

## *Bedtime Routine*

Books are a great way to settle children down and get them ready for sleep. Build a bedtime routine around choosing and sharing books. Remember that you don't need to stop reading a book at bedtime once your child is able to read on their own. Older children still enjoy being read to or may enjoy having the opportunity to read to you!

## *Audiobooks*

There are times when it's hard for both children and adults to gather the energy to read. For moments like this, consider using audiobooks. Snuggle up and enjoy listening to the story together. Audiobooks are also great entertainment on car journeys.

## *Take Time To Talk About Books*

Talk about the books that you enjoy and the books that you don't. Show that it's OK not to like a book and that it's acceptable to swap books to one that you might enjoy more.



A person is shown from the chest up, sitting in a bright, sunlit room. They are holding a tablet computer with both hands, displaying a page of text. The background is softly blurred, showing a window with light streaming in and a white lampshade. The overall mood is peaceful and focused on reading.

# **BOOKS ARE UNIQUELY PORTABLE MAGIC**

STEPHEN KING

# Leisure

W. H. DAVIES

WHAT is this life if, full of care,  
We have no time to stand and stare?—  
No time to stand beneath the boughs,  
And stare as long as sheep and cows:

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass:  
No time to see, in broad daylight,  
Streams full of stars, like skies at night:

No time to turn at Beauty's glance,  
And watch her feet, how they can dance:  
No time to wait till her mouth can  
Enrich that smile her eyes began?

A poor life this if, full of care,  
We have no time to stand and stare.







# What is pink?

CHRISTINA ROSSETTI

What is pink? a rose is pink  
By a fountain's brink.  
What is red? a poppy's red  
In its barley bed  
What is blue? the sky is blue  
Where the clouds float thro'.  
What is white? a swan is white  
Sailing in the light.  
What is yellow? pears are yellow,  
Rich and ripe and mellow.  
What is green? the grass is green,  
With small flowers between.  
What is violet? clouds are violet  
In the summer twilight.  
What is orange? Why, an orange,  
Just an orange!



# "Hope" is the thing with feathers

EMILY DICKINSON

"Hope" is the thing with feathers -  
That perches in the soul -  
And sings the tune without the words -  
And never stops - at all

-And sweetest - in the Gale - is heard -  
And sore must be the storm -  
That could abash the little Bird  
That kept so many warm

-I've heard it in the chilliest land -  
And on the strangest Sea -  
Yet - never - in Extremity,  
It asked a crumb - of me.