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THE IMPORTANCE OF READING

# Why we should read books every day

Reading is an exercise for the mind. It helps kids calm down and relax, opening doors of new

knowledge to enlighten their minds. Kids who read grow up to have better cognitive skills.

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Reading is good for everyone, not only children or young adults. On the internet you will find many lists with up to 30 reasons why reading is important. Here I limit myself to 15 thoroughly substantiated reasons.

## 1 Reading improves vocabulary

Even as adults, when we read, we come across many new words we never really heard of. And we learn from this. As you read, you come across new words, phrases and writing styles.

This is even more so for young people. Children sometimes stumble over their words, do not know how to pronounce them or what they mean. By reading, young people encounter new words more frequently and sometimes repetitively and therefore can see them better in their context. If you then pay attention to the pronunciation as a parent, these children will be better prepared for school.

## 2 Better comprehension

Kids who are encouraged to read at an early age have better comprehension of things around them. They develop smart thinking abilities and are more receptive to creativity and ideas that other kids their age lack. As a result, they grow up to be a good deal more intelligent and aware of their surroundings than kids who don't read.

The more you read, the more imaginative you become. Whenever you read a fiction book, it



takes you another world. In the new world, your imagination works at its best as you try to see things in your own mind.

### 3. Develops critical thinking skills

One of the primary benefits of reading books is its ability to develop critical thinking skills.

For example, reading a mystery novel sharpens your mind. What elements are there in a story to make this or that conclusion. Or if a book is non-fiction you will sometimes ask yourself if the author is right. Critical thinking skills are crucial when it comes to making important day to day decisions. Reading requires an individual to think and process information in a way that watching television can't. The more you read, the deeper your understanding becomes about what you're reading and its application.

### 4. Improves memory

Every time you read a book, you have to remember the setting of the book, the characters, their backgrounds, their history, their personalities, the sub-plots and so much more. As your brain learns to remember all this, your memory becomes better. What's more, with every new memory you create, you create new pathways and this strengthens the existing ones.

### 5. Improves results at school



Kids who indulge in reading book and learning new things do better at school. They are more creative, open to new ideas, and develop empathy for others. For instance, kids who read about heroes idolize them, kids who love reading anatomy books dream of becoming a doctor, etc. They learn to empathize with characters in the books and want to be like them. Not only that, they learn valuable life lessons such as helping others and being kind. Moral codes such as good things will be appreciated and evils punished take root in their minds too, as a result of which they learn to stay away from trouble.

## 6. Improves analytical skills

Figuring out how the story was going to end before finishing the book means you utilized your analytical skills. Reading allows your thinking skills to become more developed in the sense that you consider all aspects.

## 7. Builds confidence

In a world where competition in every walk of life prevails, we need to build a child's personality as to have considerable confidence in themselves. Kids who lack confidence in their early stages often grow up to be shy, and at times suicidal, since they develop a victim mentality owing to the lack of confidence in their own self. They find it hard to face even the smallest of challenges life throws at them, instead simply giving up. Reading books sharpens many skills and all together they'll build confidence.

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## 8.

### Helps you socialize

We can always share whatever we have read with our family, friends and colleagues. All this increases our ability to socialize. Humans are social beings and in the world of smartphones, we are losing our ability to socialize. However, reading had led to the formation of book clubs and other forums where we get a chance to share and interact with others.

## 9.

### Broadens horizons

By reading books, you get a glimpse of other cultures and places. Books expand your horizons, letting you see other countries, other people and so many other things you have never seen or imagined. It's the perfect way to visit a strange country in your mind.

When we open a book while sitting in the comfort of our rooms, like time travelling, we transport our imaginations to a world purely based on the imaginations of the author. We learn about everything they want us to know, see the world through their eyes and their perspective, learn about new people, discover their traditions, cultures and all that makes them unique and unforgettable.

## 10.

### Improves writing skills

Reading a well-written book affects your ability to become a better writer. Just like artists influence others, so do writers. Many successful authors gained their expertise by reading the



works of others.

Kids who learn to read also tend to develop better writing skills. The reason: they have been introduced to a world where words are their main weapon and they are free to shoot out.

Literally! Parents must try to develop an interest for writing. Kids with good writing skills don't fall victim to cramming and can express themselves more candidly through their words.

11.

## Improves focus and concentration

In our internet-crazed world, attention is drawn in a million different directions at once as we multi-task through every day. In a single 5-minute span, the average person will divide their time between working on a task, checking email, chatting with a couple of people (via gchat, skype, etc.), keeping an eye on twitter, monitoring their smartphone, and interacting with co-workers. This type of ADD-like behavior causes stress levels to rise, and lowers our productivity. When you read a book, all of your attention is focused on the story—the rest of the world just falls away, and you can immerse yourself in every fine detail you're absorbing. Try reading for 15-20 minutes before work (i.e. on your morning commute, if you take public transit), and you'll be surprised at how much more focused you are once you get to the office

12.

## Makes you more empathetic



According to studies, losing yourself in books, especially fiction, might increase your empathy. In a study conducted in the Netherlands, researchers showed that people who were “emotionally transported” by a work of fiction experienced a boost in empathy. By reading a book, you become part of the story and feel the pain and other emotions of the characters. This in turn allows your mind to become more aware of how different things affect other people. Eventually, this improves your ability to empathize with other people.

13.

## It develops emotions

When you read a book, you are on the receiving end of knowledge. The sender, the writer is delivering a message, imparting something of value, a fact, an opinion, a view or at the very least an emotion. They are inviting you into their own psyche and hoping that you will care enough to listen and respond to it.

So it won't be wrong to say that reading actually flexes emotions. It builds a connection between the reader and the writer you have never met or known before. Even if you disagree with what they are delivering, you get to know them, and you connect to them on an emotional level.

14.

## Readers are leaders

Although not definitively proved, but almost all great leaders were readers. One reason they are respected and known for their wisdom is because they develop a healthy reading habit.

For centuries, reading has been the source of inspiration, growth and new ideas. It is a valuable investment in one's own personality with uncountable and long-lasting benefits. If you want your child to become one, you need to encourage him to read. It will keep his mind healthy and productive. Only then they will be able to impact the world in a better way.



15.

Learn at your own pace



Another benefit of reading a book is that you learn at your own pace. Since you have the book all the time, you can always go back to a section you feel you don't understand. You can re-read a chapter as many times as you wish, without worry that you will miss out a section. If it's a self-help book, you can tackle one issue at a time. Once you handle one problem, then you can move to the next issue whenever you feel you're ready. Everything is done at your own pace and most importantly, your mind is free to interpret things the way you feel. Reading books also reduces stress, helps you sleep better, improves health, develops your imagination and above all: it is just fun to do.



Reading has a tremendous effect in fueling all aspects of our personality and enhancing our linguistic prowess. In fact, it wouldn't be wrong to say that the entirety of human life depends on it. Whatever we grow up to become in our lives, no matter where we stand, reading has somehow shaped it.

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