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Course

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**Why Parents Should Encourage Their Children to Read**

Reading is vital not just because of school but also because of today's business world, where much communication is done through email and text-based messaging services. As a result, the skill to understand and converse effectively is critical and should be taught at a young age. Besides that, learning for fun has many advantages for kids as they progress through school or parenthood. Children who learn for fun performed better not just in their vocabulary and grammar, but in mathematics, according to a survey of over 17,000 individuals who recorded their study habits or academic achievement as children. The relation was four times stronger than among children whose parents had earned university degrees. Similarly, a study on children’s reading ability in Hawaii indicated low scores that later called for the preschool to third-grade initiative. Due to low national scores in Hawaii, adults should encourage young children to read because it strengthens the brain, reduces stress, and increases vocabulary.

Children who fail to practice their reading abilities at a younger age often have issues of language mastery. A child’s reading habits directly affects the ease of expression. In fact, reading makes it simpler to interact with people. Therefore, reading is amongst the most critical skills for kids to acquire to be effective. According to the publisher Merga from Edith Cowan University, reading ability is not always beneficial academically, but it is necessary for long-term success (Merga 67). Learning expands one's vocabulary, improves one's attention span, and helps one think more critically. Reading with children at home from a young age is essential for instilling good study habits in kids. One's child will discover the pleasures of learning by interacting with one often, which will enable him or her to grow a desire to read. Each student, on the other hand, discovers and uniquely processes knowledge. This suggests that certain children are born with a natural desire to read, while others are not.

**How Reading Strengthens Young Children’s Brains**

Frequent reading in young children stimulates significant patterns of brain development that helps build strong pathways in the brain. White and gray matter varies in the brain as it matures. The gray matter capacity declines, and white matter increases slightly between childhood and teenage years. This serves as a regional basis and is spatially specific since gray matter capacity decline occurs earlier in much more developed brain areas and later in taxonomically newer models. Cortical thickening, mainly on the left side of the brain, involves various lengths of time. Language regions follow a distinct developmental trend, with cortical thickening occurring somewhat later than those in the parietal and frontal lobes' more dorsal areas.

These variations indicate differences in ultimate capacity and myelination affected by environmental and genetic factors and describes brain elasticity throughout growth. Region-based trends of cortical growth and development have been related to overall cognitive ability, specific brain abilities, and ability learning in observational imaging. These results provide essential consequences in the sense of learning or literacy. However, precise associations between reading skills and concurrent functional brain structures in kids are still unknown. Provided that behavioral experience influences cortical growth and development, IQ, and learning during development and that certain brain areas are possibly more important than others in knowing how to read, a student's reading design that incorporates brain growth and development is essential.

Only a few imaging research studies have looked into the connection between brain function and literacy skills in kids. Decreased gray matter amounts in bilateral temporalis and right hemisphere superior temporal areas have been recorded in cross-sectional surveys of affected readers. A longitudinal analysis of younger children indicates that the better thickening of posterior prefrontal brain regions results in better phonemic skills. The parietal lobe cortex has been linked to learning, considering its position all along the visual pathway and its trend of stimulation during reading activities. White matter and learning have been linked in DTI findings, with higher anisotropy and broader white matter collagen fibers in the temporoparietal and prefrontal areas being related to good reading.

A study employed by several credible researchers of longitudinal functional magnetic fields imaging to see whether improvements in brain size in reading-related brain areas are linked to reading success in younger children (Houston et al. 347). The results revealed that changes in volume inside bilateral canonical learning areas were correlated with more effective reading-related abilities. Therefore, learning how to read is indeed a long-term development that requires creating various psychological or linguistic skills, such as fluency, precision, and phonemic knowledge. Learning how to read is a mediator and a product of many other developmental stages, including cognitive development. These abilities occur before reading fluency and are developed as one proceeds to learn.

**How Reading Relieves Stress in Young Children**

Reading with young children certainly provides them with a comfort for socialization; family interaction, and exposure to the real issues within the world and approaches to solutions. Stress is a natural part of existence and can also be beneficial. In dangerous circumstances, it's a person's main line of defense, and several of the impacts of stress are helpful, like sharpening one's awareness and releasing adrenaline. However, stress is supposed to be impermanent. Excessive or persistent anxiety may be harmful to one's well-being, influencing their thoughts, behavior, and feelings. Kids, as well as adults, typically experience stress. Levels of stress in kids are increasing and can be challenging to say when such stress levels are too much. However, the ease of interaction should allow young children to share their stresses with their parents.

Obesity, systemic inflammatory, and hypertension are all symptoms of stress, which can be bodily and also mental. Severe or prolonged tension in kids can harm their wellness for the rest of their lives, causing brain changes in structure that increase nervousness, alter emotions, and impair memory and intellectual capacity. The great news is, there are strategies for dealing with stress and teaching kids how to manage it. Learning has a significant responsibility to reduce stress, improve emotional and psychological health in children, teach compassion, and enhance communication.

**What Can Cause Stress in Children**

Just to mention a few, stress in children is usually attributed to problems with friends such as bullying, abuse, the desire to ‘fit in’ in a school setup and bearing negative thoughts about themselves. To make matters worse, children typically have to balance their hectic schedule in school, home, and extracurricular activities, leaving them with less leisure time and enjoyment, which is essential for stress reduction. Self-imposed performance pressure, particularly in school and sports, are other aspects that can result in stress. Children are impressionable; therefore, what they watch on television, may make them feel scared or exposed. Significant life changes, such as illness or loss of a spouse, breakup or family problems, observing depressed parents, or school and home displacement, are significant concerns for kids. In addition, inadequate sleep often leads to increased stress and a reduced ability to cope with anxiety.

**How to Recognize when Children are Stressed**

Since children are often unable to understand their emotions or know when they're anxious, parents must lookout for signs of severe or intense stress. Changes that occur, such as depression, frustration, anxiety, and behavior changes, involving screaming, angry outbursts, or negative dreams, are common symptoms. Headaches, stomach problems, insomnia, and fatigue are among the physical issues. Changes in how children interact with social circumstances may occur, and how they engage in family or even other events are vital to take note of. All these alterations in a child’s behavior are indicators of distress.

**How Reading Helps in Reducing Stress**

Habitually, reading imparts some degree of calmness onto the body, resulting into slowed hormonal reactions and eventually reduces stress. Learning for pleasure appears to have fallen by the wayside in recent times, with computer games, tablets, book-to-movie adaptations, and class work taking precedence. For children who are stressed, however, reading is an excellent form of self-relaxation. According to (Canfield et al. 1305) recent research conducted by Mindlab Global at Sussex University, learning in as little as 1 hour per day lowers blood pressure and anxiety by 60% or even more. That is 300 times better than taking a stroll and 700 times better than playing computer games! When children read, they are taken away from their uncertainties. Learning changes one's level of awareness by provoking the mind, stimulating inspiration, and bringing out one's concentrations into focus. Learning can assist children in better understanding their psychological health and learning to deal with their emotions.

On the other hand, an interesting counterargument proposed by opponents is that reading too much fiction can have negative consequences, and librarians can help prevent them. Karen Dali, who works at the Western University in Canada, asserts in a passionate and at times exaggerating tone that librarians should have the ability to distinguish those who should not receive book recommendations as a form of therapy. Dali utilizes a variety of information regarding the topic along with examples to support her central argument. For instance, Dali points out that someone who decides to read books about heartbreak after they experienced heartbreak will not benefit them (Dali 1). While, on the one hand, Kali makes valid points throughout her article, one must take into account that identifying those who are too involved in reading is not an easy task for librarians, and they are supposed to recommend books to readers as a part of their job. In addition, the majority of the time, reading is an excellent way to get rid of stress since it offers people a chance to escape from reality for a while.

**How Reading Helps in Increasing Vocabulary in Young Children**

Words have a lot of influence, and having a large vocabulary will give young people many benefits. Effective vocabulary growth is linked to improved career, education, and health results. Parents who read articles aloud to their young children benefit their child's vocabulary growth significantly. This allows them to possess a wider variety of words to choose from. According to a study, kids that cannot participate in reading activities seem to be at a loss. Adults must read to their kids if they want them to have an extensive vocabulary and express themselves effectively. Increasing a kid's language is indeed a good investment in his or her life.

**Benefits of Reading Aloud**

Since childhood, speaking words and phrases have been linked to higher math and reading accomplishment and more substantial power to control behavior. Intensive reading and associated language comprehension abilities are also connected to vocabulary. Regular interactions provide a significant portion of a kid's vocabulary. Reading aloud with others could provide a helpful management stream of inspiration, vocabulary for kids and communication skills. According to research, children’s' textbooks offer access to a broader language than child-directed discussions (Merga 47). Many people have been frustrated by the inability to find a phrase needed to articulate a concept better or a desire at a particular stage. When kids speak or read, they use their language to create word choices to improve their expression's comprehension and precision.

Aside from vocabulary, reading comprehension has many other advantages. Reading enables children to gain focus, excellent effective listening, and improved brain development. According to new studies, children whose parents read to them while young are less prone to developing hyperactivity. Children that are in danger of having difficulty with reading can be particularly vulnerable. When children are studying English as a second language are taught in English, they will have more critical comprehension skills. Reading aloud to one's kid is an excellent way for them and their kid to spend time together. It can also improve parent-child relationships while also encouraging reading participation, both of which are important if parents want their kids to take advantage of becoming proficient learners.

A critical study written by several assistant professors' from Ohio State University in 2019 reveals the alarming difference in vocabulary and reading development among children who read at home versus those who do not. Astonishingly, Jessica Logan, a member of Ohio State's Crane Center for Early Childhood Research and Policy, asserts that children who read even a little each day can increase their vocabulary by approximately 290,000 words (Ohio State University). Sadly, in contrast, children who are low income had a word gap of over 30 million words compared to those associated with higher incomes. On a more positive note, the professors revealed that the gap is closing and is almost completely closed. Overall, this study expresses why parents need to access reading material and have their children read books appropriate for their age.

**How Can Parents Optimize Vocabulary Growth for their Child?**

Teaching method approaches, like offering meanings for words and phrases, can help boost vocabulary growth. When one reads to their children and comes across a new term, they should stop and ask children if they know what that word means. If they're still uncertain, they should repeat the word once again to see if the word appears in a way that provides valuable hints about its meaning. If they don't still understand, parents should provide their kids with a description so that they can continue with the reading.

Recent research discovered that pointing, presenting explanations, and asking certain questions might help create vocabulary when reading together. Recent studies by several credible researchers showed that when children were taught to use either straightforward strategies or a more immersive storytelling strategy, they gained almost equal improvements in vocabulary (Dore 27). The parent reading the article to the kid introduced background detail, which increased the kid's interest and engagement in the article. Having heard the same narrative many times would also help them. If at all practicable, parents should incorporate several of the vocabulary words into future conversations. This will help their children remember new words by increasing their exposure to them.

Albert Einstein advised parents that "If you want your children to be intelligent, read them fairy tales" (Rodale). Indeed, the value of learning cannot be overstated, as Albert Einstein acknowledged. People want their children to be happy as adults. They need them to achieve their goals, be the individuals they desire, and be trained. It all begins with instilling good behaviors in one's kids, like reading. Reading is an essential aspect of a kid's learning process. Here are some of the most important reasons to inspire one's children to learn.

**Reading Improves Children’s Comprehension**

Reading skills are developed as a result of reading. Young children who demonstrate a love of books at an early age quickly understand learning content and knowledge received outside of school. Reading helps children sharpen their brains so they can understand better and interpret the world surrounding them. Reading improves intelligence, which enhances their reasoning skills.

**Reading Improves Concentration and Memory**

Concentrating on a narrative is an ideal way for young children to improve their memory and attention. It allows children remain organized while also enhancing their memorizing abilities. When reading a novel, it's essential to pay attention to information like characters, background, history, and plot. When children read, they instinctively try to recall these facts as they piece together the whole story and comprehend its significance level.

**Reading Fosters a Child's Imagination and Creativity**

It is true how books allow people to travel, fly, and discover without leaving their homes. It enables people to visualize who they would like to be, meet different friends, and travel to other countries they had no idea existed. Reading allows children to construct a conceptual image based on the experiences they are reading. They are compelled to dream and think beyond fact while reading books, which is excellent training for increasing imagination and creativity.

**Reading Helps Kids Perform Better Academically**

Reading books or other resources to children in their early years will help them do better in school. Young kids become much more open to new experiences, more imaginative, and more oriented on academic as well as other things as they explore various stories. Reading improves children's cognitive knowledge and enables them to do well in school, and provides them with the ability to learn valuable life lessons like compassion and kindness. According to Erin Schreiner, from Bowling Green State University and a writing teacher at a middle school in Ohio, reading more contributes to success academically and higher income in the future. Even though most researchers identified that there is a correlation between test scores and reading, Schreiner’s study did not come up with this result, however, Schreiner still provides plenty of information in support of the positive correlation between reading and test scores (Schreiner).

**Conclusion**

In conclusion, for excellence in school, parents must ensure that children have a solid background in vocabulary and literacy-related skills, as well as a willingness to read and write. One's kid will begin learning how to read in the early school grades, from first to third grade. This is a complicated process that is challenging for most and straightforward for others. Parents must be careful not to exaggerate the learning process to write while motivating their kids to talk often throughout these years. Reading for fun and pleasure will aid in the development of reading ability and provide opportunities for one's kids to exercise these abilities in significant ways.

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