

A photograph of a woman with long dark hair, wearing a white t-shirt, sitting on a light-colored sofa. She is smiling and looking down at an open book held by a young boy in a yellow shirt. A young girl in a pink shirt is sitting next to him, also looking at the book. The background shows a bookshelf with books and a small plant.

## The Forgotten Habit: Reading for Pleasure in Children

In an age dominated by screens, one vital childhood habit is quietly disappearing — **reading for pleasure**.

Reading today is often reduced to an academic task, tied to exams and grades. Yet history shows us that great thinkers — from **Abraham Lincoln** to **Bill Gates** and **Elon Musk** — were shaped by strong reading habits early in life. Reading nurtured their focus, curiosity, imagination, and independent thinking.

- Alarmingly, this habit is **declining**. According to 2025 **National Literacy Trust** data, **fewer than one in five children read daily**, and only a third enjoy reading. This affects not only academic outcomes, but children’s emotional and cognitive development.

From a **pediatric perspective**, reading builds attention span, language skills, empathy, and mental resilience.

- Parents play a crucial role. Children imitate what they see. When adults read, children follow.

**“ Let us bring reading back – not as a duty, but as a joy. ”**

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