

# Supporting carers and children to read together

**BookTrust is the UK's largest children's reading charity. We believe that every child has the right to experience the joy of reading.**

Reading for pleasure can have a range of benefits for children who are looked-after in your local authority including:

- **The relationship between children and their carers:** In research carried out by the National Children's Bureau, over 90% of carers who read with their child said it had made a positive difference to the relationship between them.\*
- **Wellbeing:** Young people who read for pleasure are more likely to report high levels of self-esteem and happiness.\*
- **Children's achievement:** Reading for pleasure is more important for children's progress in school than their background and parental factors.\*



BookTrust already supports thousands of children who are looked-after across the UK through our programmes, and we're working to develop support for carers to help them read with the children in their care.

For more information about BookTrust, including our range of programmes, please visit: [booktrust.org.uk/supporting-you/practitioners](https://booktrust.org.uk/supporting-you/practitioners)

# The Letterbox Club

**An award-winning programme for children aged 3-13.**

Run by BookTrust, in partnership with the University of Leicester, the Letterbox Club aims to inspire a love of reading and engagement with numeracy in children who are looked-after or vulnerable.

Children taking part in the Letterbox Club receive their own set of 6 colourful parcels, each containing books, stationery and maths games to help encourage reading and learning at home.

Evaluations of the Letterbox Club have shown a demonstrable impact. Common themes include:

- Children feeling 'remembered', and being excited about receiving the parcels.
- Carers and children spending more time together and children sharing the parcels with other family members.
- Children and carers reporting increased confidence in reading and number.
- The continuity created by Letterbox Club parcels being delivered despite placement moves.

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**It has given us both quality time together. The books have made us laugh and giggle a lot!**

Foster carer

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For more information about the Letterbox Club, or our work supporting carers, please contact us at [letterbox@booktrust.org.uk](mailto:letterbox@booktrust.org.uk) or visit [letterboxclub.org.uk](https://www.letterboxclub.org.uk)

\* The information in this booklet is informed by a range of research, as well as wider evidence and evaluation. All references can be found at <https://www.booktrust.org.uk/supporting-carers-and-foster-families>