REACH OUT AND READ: THE EVIDENCE

Research shows that when doctors promote literacy readiness according to the Reach Out and Read model, there is a significant effect on parental behavior and attitudes toward reading aloud, as well as improvements in the language scores of young children who participate. These effects have been found in ethnically and economically diverse families nationwide.

The body of independent, peer-reviewed and published research supporting the efficacy of the Reach Out and Read model is more extensive than for any other psychosocial intervention in general pediatrics. Additional studies about Reach Out and Read that address language outcomes in children are in progress. For complete articles, visit http://reachoutandread.org/our-impact/reach-out-and-read-the-evidence/.

The following studies by have been published in peer-reviewed medical journals:

EVIDENCE THAT REACH OUT AND READ CHANGES CHILD OUTCOMES

**Mendelsohn et al., Pediatrics** High-risk urban families participating in Reach Out and Read read more frequently to their children. Children exposed to Reach Out and Read had higher receptive language scores (words the child understands) and expressive language scores (words the child says). Increased exposure to Reach Out and Read led to larger increases in language scores.

**High et al., Pediatrics** Families participating in the Reach Out and Read model read to their children more often (4.3 vs. 3.8 days/week), and their toddlers’ receptive and expressive vocabulary scores were higher, even when adjusting for parental education, foreign-born status, and language proficiency.

**Theriot et al., Clinical Pediatrics** Among children ages 33 months to 39 months attending a well-child clinic in Louisville, KY, expressive and receptive language scores were significantly and positively associated with both the number of Reach Out and Read–enhanced well–child visits they had attended, and with the number of books purchased for them by their parents. This finding supports a “dose effect” for the Reach Out and Read intervention: the more visits, the higher the score.

**Sharif et al., Journal of the National Medical Association** Children participating in Reach Out and Read had higher receptive vocabulary scores. They also had higher scores on the Home Literacy Orientation (measured reading to child and how many books were in the home) than children not participating in Reach Out and Read.

**Diener et al., Journal of Community Medicine and Health Education** This study showed that a small sample of Latino children who participated in Reach Out and Read from six months of age had average or above average literacy skills by the end of kindergarten, as well as high-quality home literacy environments.

EVIDENCE THAT REACH OUT AND READ CHANGES PARENTAL ATTITUDES AND PRACTICES

**High et al., Archives of Pediatrics and Adolescent Medicine** Parents whose children (< 3 years) had received books and educational materials during well–child visits were more likely than parents in a control group to report that they shared books with their children, and to cite sharing books as a favorite activity or a child’s favorite activity.

**Needelman, et al., American Journal of Diseases of Children** Parents who had received a book as part of Reach Out and Read were more likely to report reading books with their children, or to say that reading was a favorite activity. The benefits of Reach Out and Read were larger for families receiving Aid to Families with Dependent Children.

**Weitzman et al., Pediatrics** In a study using direct observation of children’s homes, parents were more likely to read aloud to their children and enjoy reading together when their families had more encounters with Reach Out and Read.

**Needelman et al., Ambulatory Pediatrics** In a multicenter study, families exposed to Reach Out and Read were more likely to report reading aloud at bedtime, to read aloud 3 or more days per week, mention reading aloud as a favorite activity, and own 10 or more children’s books.

**Silverstein et al., Pediatrics** English and non–English speaking families who participated in the Reach Out and Read model increased their weekly bedtime reading, and more parents reported reading as their own or their child’s favorite activity. For non–English speaking families, the number of children’s books in the home also increased as a result of the Reach Out and Read model.

**Sanders et al., Archives of Pediatrics and Adolescent Medicine** Hispanic parents participating in Reach Out and Read were more likely to report reading to their children compared to Hispanic parents not participating in Reach Out and Read. When parents read more frequently to their children, they were also more likely to read frequently themselves.

continued on back
The summary of research findings is © Reach Out and Read, Inc. www.reachoutandread.org