

# PETS AS THERAPY

## “Read2Dogs”

At Highgate Primary School we are very grateful to be part of the ‘Read2Dogs’ programme. This involves Max the Golden-Doodle coming into school once a week with either Simon or Patricia, his owners.

Research shows that young people can become nervous and stressed when reading to others in a group. However, when Max is reading with a child they become less stressed, less self-conscious and more confident as Max is obviously non-judgemental!



Max’s presence provides comfort, encourages positive social behaviours, enhances self-esteem, motivates speech and inspires young people to have fun. Our children love the opportunity to read to Max (and have a cuddle with him and watch him perform tricks).

Over time we have seen the benefits to children of having Max join in with reading activities and he has become a valued member of the Pastoral Care Team. So much so that he now spends one day a week on site. Max visits whole classrooms of children and takes chosen children on his lunchtime walk to our School Allotment as a reward for their achievements.

We love having a school dog and we know that Max loves being part of our school community.

To find out more about ‘Read2Dogs’: <http://petsastherapy.org/what-we-do/read2dogs/>