

PETS AS THERAPY

read2dogs





How it works

Most adults are apprehensive about speaking in public. It is very daunting. Young people are no different. Research shows that young people can become nervous and stressed when reading to others in a group. However, when a PAT Dog enters the group, they often become less stressed, less self-conscious and more confident as the dogs are non-judgemental. Before long they are starting to look forward to the reading experience as they are going to read to their new friend, the PAT Dog. PAT Dogs provide comfort, encourage positive social behaviours, enhance self-esteem, motivate speech and inspire young people to have fun.

The teacher remains in charge of the reading sessions at all times. The participants will be selected by their teachers as those who would benefit most from this intervention; normally young people who lack confidence, or have difficulty with reading or attention deficit. The teacher chooses and provides appropriate books. It is suggested that the sessions for each young person should be no longer than 15 minutes.

Animal Assisted Therapy can be used by Teachers, SENco, Speech and Language Therapists and Psychologists to benefit a young person's physical, emotional and psychosocial health, cognitive function and communication skills.

read2dogs helps improve confidence in literacy skills by encouraging young people to read and communicate in a relaxed and non-judgemental environment.

You can find out more about read2dogs by calling 01865 671440

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