

Reading and Wellbeing

Why sharing books can support your child's mental health.

1. Reading helps to develop vocabulary. This helps children **talk about how they feel and describe their emotions.**
2. Topics such as emotions, family, health and friendships can be explored together, increasing **empathy and understanding.**
3. Reading together fosters **positive relationships.**
4. Reading is a naturally **calming activity.**
5. Stories can reflect our own experiences and teach us about new ones. We can **explore the world through books!**



Our top tips for reading with your child

Even 5 minutes per day makes a difference!

Explore formats you both enjoy - comics, recipe books, newspapers, non-fiction and more.

Re-read favourite books from your own childhood. Sharing this joy will help foster a passion for reading in your child.

Bedtime is a great time to read together but you could also try reading while eating breakfast, riding the bus or at the park! Make it fun.

Wordless picture books are fantastic for creating stories together. It doesn't matter what language you read in, sharing the joy is what counts!



The STORY PROJECT

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