

Reading and Wellbeing

Reading together, even from newborn, is a great way to support your child's wellbeing and development. It helps:

- Create positive relationships
- A calm home environment
- Increased vocabulary
- Getting ready to start school
- A love of reading!



Top Tips

Don't worry about making reading complicated. Focus on the joy and the experience! Try out these ideas:

- Read in any language you feel comfortable with
- Read your own way – signs, newspapers, recipes, or tell a story out loud
- Re-read stories you loved as a child
- Reading doesn't have to happen at bedtime, try it in the park or on the bus!
- Use voices and facial expressions



We get it...

"I feel silly reading out loud"

Don't worry about getting it all right or doing voices if you can't. Focus on a nice experience for everyone, including you.

"We don't have lots of books at home"

Libraries, nurseries and schools are great places to borrow books.

"I don't have time to read"

Get the whole family involved. We know life with young children is busy so just do what you can.



The **STORY PROJECT**

