

reading and mental health

- ✓ Reading with children can give them a head start in life and develop a foundation for critical skills that are necessary for adulthood.



how does reading impact mental health and wellbeing?

- By taking on the perspectives of and connecting with characters in stories, **children** and **parents** develop empathy for others and feel less alone.
- By learning new words and modeling after characters, **children** strengthen their problem-solving communication, vocabulary, and self-regulation skills.
- By establishing regular reading routines, **children** get a good night's sleep and **children** and **parents** experience more relaxation and less stress.



why is reading aloud so beneficial?

- **Children** start reading more frequently
- **Children's** cognitive and social-emotional skills improve
- **Parents** become less stressed and more confident
- **Parents** discipline with more care and are more receptive to their child's needs
- **Parent** and **child** bond is strengthened

don't forget...

Age, gender, cultural background, reading difficulties, reading frequency, physical vs. electronic forms of books, and group reading opportunities are also factors that contribute to reading's impact on mental health and wellbeing.

