

Quick Tips for Using the Healthy Minds Reading Collection with Your Child

Have a notebook and pens handy

You can help your child to draw out characters from the books expressing the new emotions they have learned

Label how characters in the book may be feeling

Choose illustrated characters that have exaggerated expressions to help develop your child's emotional vocabulary

Make reading fun!

Try to incorporate your child's interests whilst selecting and reading the books. Try out funny voices for the characters to personalise the story!

Incorporate reading time as part of your child's routine

Your child will look forward to this special time with you and reading can be a relaxing activity before bed

Get help if your child is struggling

If you are concerned about your child's mental health, advice and support is available on the back page of this leaflet

Engage in self care

Containing your child's difficult emotions can be challenging, so ensure you speak to your support network and make time for activities you enjoy!

For more support

The healthy minds reading collection may be helpful for mild emotional and mental health difficulties.

If a child or young person's difficulties are more serious, have continued for a long time or continue after trying the healthy reading books, please contact the child or young person's GP, nursery or school professionals to discuss other supports that might be helpful.

If you have **urgent concerns about a child or young person's mental health** you should contact their GP or NHS-24 by phoning 111.

Other Helpful Supports:

Childline

Phone: (Free) 0800 1111
Web: www.childline.org.uk

Breathing Space

Phone: (Free) 0800 83 85 87
Website: <https://breathingspace.scot>

Parentline Scotland

Phone: (Free) 08000 28 22 33
Website: www.children1st.org.uk/help-for-families/parentline-scotland

AyeMind

Website: <http://ayemind.com>

Healthy Minds Reading Collection

Chosen a book from the Healthy Minds Collection?

Pick up this guide about supporting your child to use this!

For Parents of Children Aged **0 – 4**

Developed in partnership with Glasgow City Libraries and the NHS GG&C Early Intervention TIPS Project



libraries



NHS
Greater Glasgow
and Clyde

Emotional Development in 0 – 4 Year Olds

Between the ages of 0 and 4, your child goes through a period of dramatic growth, and with that comes learning. Babies experience the world through their senses and interaction with the objects around them. From age 2, children become better with language and begin to use words and pictures to represent objects to communicate with others. However, children between the ages of 0 and 4 require a large amount of parental support. You will notice that your child requires support to understand and regulate their emotions. They will often require comfort or soothing particularly when experiencing big emotions like sadness or anger.

We recommend that you spend time reading your chosen book to your child and looking at the pictures together. You will be able to label emotions your child has experienced and discuss the story together.



Supporting Your Child to Use Fictional and Story Books

Fictional and story books can be a great way for you to help your child learn about emotions. The fictional books in the collection have been chosen as they contain useful storylines and illustrations that may be a helpful tool for your child to learn about emotions.

When reading your chosen book together, label the expressions of the characters in the book. If appropriate, you may wish to reflect on times when your child has felt this way. Try to stick to basic emotions e.g. happy, sad, and angry to reinforce these common emotions. This will help your child to develop emotional literacy, so they can vocalise how they are feeling when they experience these emotions in the future. Often, when children experience big emotions like sadness or excitement, they may not know how to express this to you, which may result in emotional outbursts or tantrums from feeling overwhelmed. Emotional literacy is an important skill for children to develop so they can learn to ask for help or self-regulate as they grow older.

Story time provides a safe and secure space for you to discuss emotions with your child in a non-judgemental way and can help you to normalise your child's feelings.

Parent-led 'Self-Help' Books

You may notice that there are no self-help books available for the 0-4 age range in the Healthy Minds Collection. This is because for this age range, we would expect self-help to be predominantly parent-led. As children are so dependent on their parents at this stage, it is likely that change implemented by the parent or carer would have the most impact on the child.

The collection includes appropriate books on parenting that you may wish to access. These books may give you some ideas for positive behaviour management techniques that you can implement with your child. Your child will therefore still benefit from the books in the collection, but due to their age and stage they will be unable to access 'self-help' materials independently.

We would recommend focussing on the use of emotion books if you wish to actively involve your child in the reading process. However, please consider the recommended parenting books for your independent use if you are interested in learning more about positive parenting strategies.