

# Tips for parents: how literacy can benefit your child's wellbeing



## Literacy has benefits for mental wellbeing

Did you know that reading and writing can be beneficial to your child's wellbeing, and help them have a happy and healthy outlook on life?

National Literacy Trust research shows that children who enjoy reading are three times more likely to have good mental wellbeing than children who don't enjoy reading.

## Reading and wellbeing

- If your child is facing a particular problem, reading a book that covers the subject could help. It can help them make sense of what they are going through, and feel that they are not alone. Your local library is free and a good place to search for books that cover a wide range of issues that your child can relate to.
- You don't have to be a great reader yourself. Audio books are a great way to enjoy stories and still gain all the benefits associated.
- Picture books can be a great way of talking about difficult topics with children. They can even work well for older kids.
- Getting lost in a good book can be a great way for a child to forget about stress and worry. It's also a great way for a child to develop empathy skills and understand other points of view.
- Reading a funny book could make your child laugh and feel happier. Reading books together is a great way to share a positive experience with your child.
- Reading before bedtime is a great way to switch off from the day. A relaxing read before bedtime could help your child prepare for a good night's sleep and wake up refreshed.
- [Download](#) a copy of our wellbeing book list for book recommendations for different ages or see our [Wellbeing theme](#) on [www.wordsforlife.org.uk](http://www.wordsforlife.org.uk).

## Writing and wellbeing

- Writing can be a good way of reducing feelings of stress and anxiety. If your child has been through a distressing event, writing about the experience can sometimes be beneficial in helping them to process the incident.
- Creative writing can help a child relax and improve their mood. It also encourages concentration and attention, whilst strengthening a child's imagination.
- Writing about happy events can be a good way for a child to preserve happy memories and emotions, as well as being fun!

**If you are concerned about your child's wellbeing you can talk to their school, your GP, or visit the [Place2Be website](#) for a list of organisations that provide support for parents.**