

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

Have a notebook and pens handy

You can write or draw out ideas from the books that your child may wish to try

Label how illustrated characters in the book may be feeling

Choose characters who have exaggerated expressions and ask your child to show you what their face looks like when they feel like that

Pause the story to ask what your child thinks will happen next

This encourages your child to use their imagination and gives you an opportunity to praise their ideas

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 you 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 5 – 7

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 5 – 7 Year Olds

Between the ages of 5 and 7, your child is beginning to learn to think symbolically. They can use words and pictures to represent objects and tend to engage in more pretend play. However, 5 – 7 year olds can struggle to see things from the perspectives of others. They tend to think rather literally and are more focused on the here and now. As a result, children of this age range often require more support from parents and teachers to make sense of their world. We can see this particularly when they experience intense emotions – although they are developing quickly in many ways, they often require additional support from adults when it comes to making sense of their emotions and calming themselves down.

We recommend that you spend time with your child reading through your chosen book together. You will be able to help your child with questions, model reading difficult words, label unfamiliar emotions and will be able to explain more complicated concepts to them.



Supporting Your Child to Use Fictional and Story Books

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

When reading your chosen book together, ask your child how they think the characters might be feeling, and how they might feel in similar situations to what is happening in the story. It can be useful to point out different expressions in the illustrations of the characters and ask them to tell you a time when they felt this way. This will help your child to develop emotional literacy, so they can vocalise how they are feeling if they recognise that emotion in the future.

Story books are also useful for exploring how your child feels about common life experiences. Encourage your child to share their thoughts and feelings about the situations the character in the book is experiencing. You may find your child finds it easier to speak about their worries around starting school, or their sadness about a pet dying if a character has gone through a similar scenario. This helps to normalise your child's feelings in a safe and supportive space.

Supporting Your Child to Use 'Self-Help' Books

Although these books are labelled as 'self-help', your child will require support from a parent or carer to access these appropriately.

The self-help books included in the Healthy Minds Collection are based on the Cognitive Behavioural Therapy approach. These books encourage your child to think about the link between their thoughts, feelings and behaviour.

When reading your chosen book together, it can be useful to ask your child how they would feel, what they would think and what they would do in situations the book describes. You may wish to refer to similar experiences your child has had in real life. This will help your child to connect their own experiences with those described in the book, and with your help they can explore alternative responses in a safe and supportive way.

It may also be helpful for your child to write down or draw out ideas they wish to try. You may encourage them to act out scenarios with you if they feel comfortable doing so. Ensure that you praise and encourage them to share suggestions and reflections throughout the activity, and importantly, ensure you both have fun!