

# READ WITH YOUR CHILD

Calgary Society for Healthy Child Development

Reading with/to your child is one of the most important things you can do as a parent.

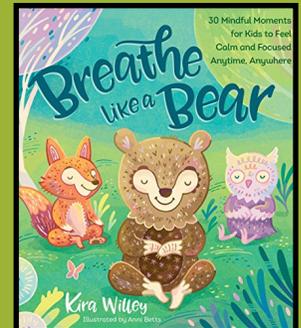
Our Society knows that the period from birth to six years of age is a critical time for a child's health, growth and development. Reading to babies, infants and children is an important activity that parents can do to help promote healthy development. Reading aloud helps your baby and child get to know sounds, words, and language. Reading sparks your child's imagination. Reading helps develop your child's brain.

**Do you know that children's books can be helpful in talking with children about specific issues or concerns?**

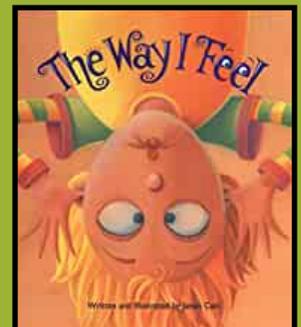
For example, if you have a child who needs to learn ways to help become more calm, *Breathe like a Bear* offers activities for children to learn this life skill.

*The Way I Feel* provides illustrations and rhymes that help children explore a range of emotions.

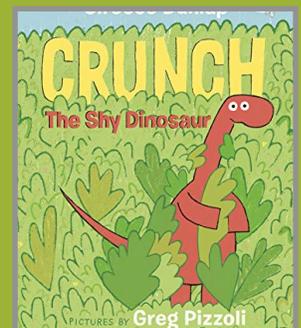
If your child has shyness, *Crunch the Shy Dinosaur* has some lessons in making friends.



**Breathe like a Bear**



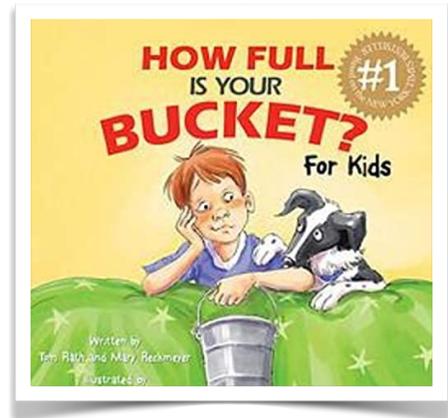
**The Way I Feel**



**Crunch The Shy Dinosaur**

## How Full is Your Bucket?

When our bucket is full we feel great. When it's empty, we feel awful. Felix begins to see how every interaction in a day either fills or empties his bucket. Felix then realizes that everything he says or does to other people fills or empties their buckets as well.



## The Invisible String

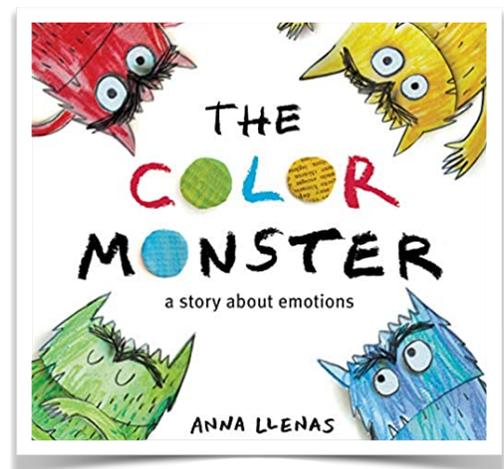
This best-selling picture book explores the unbreakable connections between loved ones. It offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace.

An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.



## The Color Monster

This book encourages children to discuss feelings and to explore how those emotions are experienced in the body. The book starts the conversation about feeling angry, happy, sad, calm — and gives parents ideas how to support their child.



## NOT SURE WHAT TO READ?



Try the **Calgary Public Library**.

Search for ideas online or ask one of the helpful and knowledgeable staff.