

Reading helps behavioral and Social-emotional Development!!

Books are a powerful way to support your child's social-emotional and behavioral development. Find out how, and learn about some books that can get you started.

Reading with your child is an excellent way to build [brain power](#) and [language development](#). But did you know that reading can also help with your child's behavioral and social-emotional development? Yes, reading really is that powerful. Through books and stories, children can learn skills and watch other characters go through emotions similar to those they experience themselves. Reading and hearing stories about emotions, interactions with friends and family, and ways to work through difficult situations is a positive and fun way for children to learn behavioral and social-emotional skills. So if your child throws her toys, tell a story about a child who learns how to treat her toys nicely. Or when your preschooler is worried about going to kindergarten, read a story about what kindergarten is like and how another child also felt worried but had a great first day of school. Books are effective at helping children and parents learn and teach about appropriate behavioral expectations, social skills, and emotional experiences.



Parent Resource Cont.

Here are some book suggestions:

- *The Feelings Book* by Todd Parr
- *In My Heart: A Book of Feelings* by Christine Roussey
- *The Angry Dragon* by Michael Gordon
- *How Full is Your Bucket?* by Tom Rath and Mary Reckmeyer
- *The Things I Love about Friends* by Trace Moroney
- *Waiting is Not Easy!* by Mo Willems

