Billing Brook

BE KIND • BE CURIOUS • BELONG

How can I support my child with reading?

What can I do at home?



Children with **SEND** need lots of **repetition** and **overlearning** of reading skills, both at school and at home.

Reading can help your child:

- Stay calm and well regulated
- Reduce feelings of overwhelm
- Feel safe, settled and connected
- Take a break when emotions feel too big

Why can reading help?

Research suggests that reading can help to **lower blood pressure** and **reduce muscle tension**, helping the body to relax.

For some children, getting absorbed in a book provides a chance to **escape** into an imaginary world for a little while. This can give their brain a much-needed break from worries, busy thoughts or overwhelming experiences.

Different ages, different needs

Younger children

may enjoy sharing a story with an adult. Your calm presence, voice and connection can help them co-regulate – becoming calmer together.

Older children & young people

may prefer to read independently. They may use reading as a way to have some quiet time, switch off or become absorbed in another world.

How can I use reading to support regulation?

Make it part of the routine

Build reading into your child's day. A predictable reading time can provide structure, calm and a sense of security.

Use it when things feel overwhelming

Encourage your child to pick up a book when they are feeling stressed, overwhelmed or unsettled. Reading can provide a positive way to pause and reset.

Read together

For younger children especially, try sitting together and sharing a story. Your calm presence and connection can help your child regulate alongside you.

Let them choose

Allow your child to choose books that interest them. Comics, magazines, fact books, audiobooks and favourite stories can all provide opportunities to relax and regulate.

Remember...

Reading doesn't have to be about achievement.
Sometimes, reading is simply a chance to slow down, feel safe, escape for a while and reconnect with ourselves.

A few quiet minutes with a good book can make a difference.