



Calling all parents of primary school children!

Celebrate National Read a Book day!



It's National Read a Book day on 6th September! Explore the links on these pages for ideas of how to get your children interested in books and how reading can be a source of comfort for the anxious child, a way to escape into adventurous worlds and a way to open up the natural world to them along with all its wonders. Watch [this short video](#) from children's author Jacqueline Wilson about how books helped her when she was a child.

The Reading Well website has booklists to give you ideas of reading material for children around different topics. They have lists in particular around emotional health and wellbeing, helping children to understand emotions, deal with worries and stress and how to deal with difficult times. All of these books are available at local libraries and the website can link you to your local library website to search for them.

Why not take your children to a storytime or rhymetime at your local library? Get them used to how libraries work at an early age and join in with free sessions where volunteers read stories and sometimes host other activities such as sensory play, songs, games and art and craft activities. Find more information on rhymetime sessions [here](#) or [click here](#) to find out places that host storytime sessions.

It's story time...



Explore your local mobile library



There are 3 mobile libraries and they stop at 388 locations throughout Cambridgeshire so there's sure to be a stop near you! You can request items and reserve books should you wish to, [click here](#) for more information.

Reading with your child

Reading with your child is the best way to get them interested in books. If you're not a confident reader [the BookTrust website](#) has some great ideas and top tips to help you out.

You could also access audio books as an alternative to reading yourself. There are many platforms where you can access free audiobooks and this can be a really lovely way to enjoy stories together. Check out [this link](#) to Calibre where you can find a whole host of free audiobooks .

YouTube and other streaming platforms also have numerous books read aloud for you to watch and listen with your child.

National Read a Book Day is a great opportunity to get young people interested in reading, and one of the best ways to do that is to read with them.



Most of all just enjoy the day, even if you only have 5 minutes to read a story or a chapter of a book. Maybe you could challenge your child to read a chapter a day of a book of their choice? Make time to talk about what they are reading and what is happening in the story. Perhaps you could join in the challenge and read a chapter a day of a book yourself. You will be modelling an enjoyment of reading and may discover something you previously thought you didn't have time to do! Reading can be a way to relax, get lost in a story and many people find it is a good way to balance out our stressful lives. So pick up a book and get reading!



Delivering excellence in Children and Young People's Services:
a partnership between Cambridgeshire Community Services NHS Trust and
Cambridgeshire and Peterborough NHS Foundation Trust