

About LitBits: This resource was created in response to demand from schools and principals for bite-sized stats, quotes, tips, and resources on early literacy for use in newsletters and school communications, as well as for staff knowledge.

### The link between reading and children's mental health

It is estimated that 10-20% of Canadian children may develop a mental health disorder. Studies show that the prevalence of mental health disorders in children and youth has remained the same since 2007. Over the last decade, emergency department visits for mental illness jumped by two-thirds and hospitalizations by more than 50% for Canadian youth aged five to 24. New research shows that children who are most engaged with reading and writing in their free time are three times as likely to have positive mental wellbeing as their peers who don't make time for reading. According to one children's mental health expert, "Escaping in a good story is not only a great way to cope when you're feeling stressed or worried, but can also be a fantastic opportunity for children to explore difficult feelings, understand them, and feel less alone." Reading and listening to stories is a great way to build social and emotional competencies in children, providing them with life skills to help them cope with any stressors or pressure that may come their way in life.

#### Featured Reads:

[Raising Canada report \(Children First\)](#)

[Children who do not read and write in their free time have worse mental health \(The Independent\)](#)

[Can picture books meet the crisis in children's mental health? \(The Guardian\)](#)

### QUOTES ON READING

1. "You can find magic wherever you look. Sit back and relax all you need is a book!" – **Dr. Seuss**
2. "Books train your mind to imagination to think big." – **Taylor Swift**
3. "If you are going to get anywhere in life you have to read a lot of books." – **Roald Dahl**
4. "Reading is to the mind what exercise is to the body." – **Joseph Addison**
5. "One of the greatest gifts adults can give—to their offspring and to their society—is to read to children."  
– **Carl Sagan**
6. "A house without books is like a room without windows." – **Heinrich Mann**
7. There is no such thing as a child who hates to read; there are only children who have not found the right book." – **Frank Serafini**
8. You know you've read a good book when you turn the last page and feel a little as if you have lost a friend." – **Paul Sweeney**
9. Any book that helps a child to form a habit of reading, to make reading one of his needs, is good."  
– **Maya Angelou**
10. Reading gives us some place to go when we have to stay where we are." – **Mason Cooley**

### BOOK LISTS

- [Holiday Children's Book Buying Guide \(Reading Rockets\)](#) Note: links are to Amazon U.S.
- [The CCBC Holiday Buying Guide \(Canadian Children's Book Centre\)](#)
- Check out [recent children's book reviews \(Quill & Quire magazine\)](#)

## Great Reads for Teachers

Here are two articles that differ on the role of phonics in teaching reading.

1. [Why are we still teaching reading the wrong way? \(The New York Times\)](#)

Our children aren't being taught to read in ways that line up with what scientists have discovered about how people actually learn.

2. [We need phonics, along with other supports, for reading \(The Hechinger Report\)](#)

Phonics instruction that is all worksheets all the time and those little decodable books are boring. All picture books all the time is not enough, but students are being shortchanged without the phonics piece.

## Great Reads for Families

1. [Growing up in a house full of books is major boost to literacy and numeracy \(The Guardian\)](#)

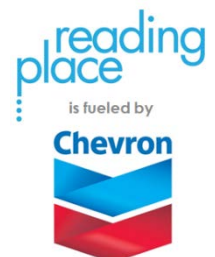
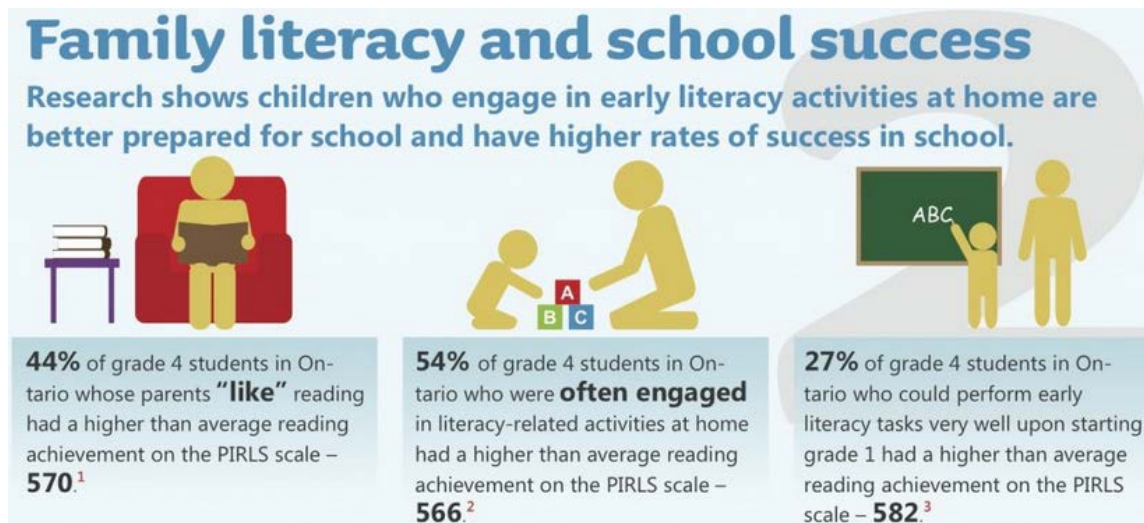
Growing up in a home packed with books has a large effect on literacy in later life – but a home library needs to contain at least 80 books to be effective, according to new research.

2. [Again... and again! Kids want \(and learn\) from repetition \(The Conversation\)](#)

Is it beneficial for your child if you read the same book again and again, night after night? Yes!

3. [Jólabókaflóð is Iceland's "Holiday Book Flood!"](#)

Does this sound like a good way to spend the holidays? In Iceland, after receiving a new book from your family, you wrap yourself up in a blanket with a mug of hot cocoa and spend the rest of the evening reading.



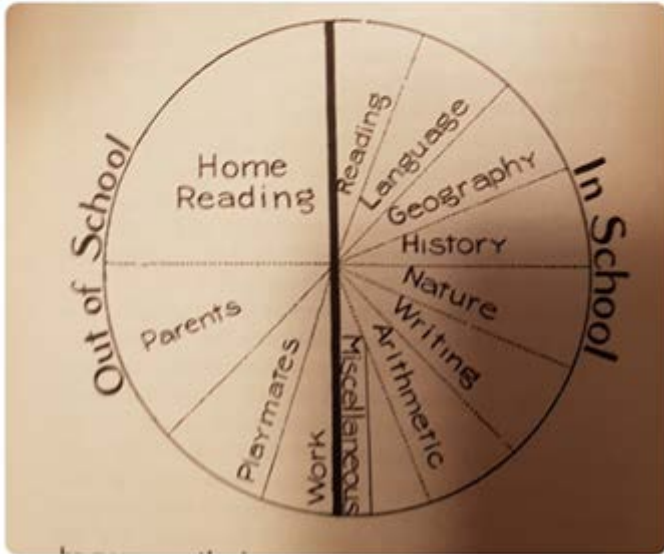
How is your school using LitBits? Send us your newsletters or tag us in your social media posts, and we'll enter you in a book draw!

# Graphics you can use

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Follow

I found this in a book written in 1909 by Charles H. Sylvester called Journeys Through Bookland. Look at the equal balance between home and school. And like today home reading and parents are a huge influence on children's learning! Teachers and parents are a team!



8:41 PM - 28 Oct 2018

**Great books help you understand, and they help you feel understood.**

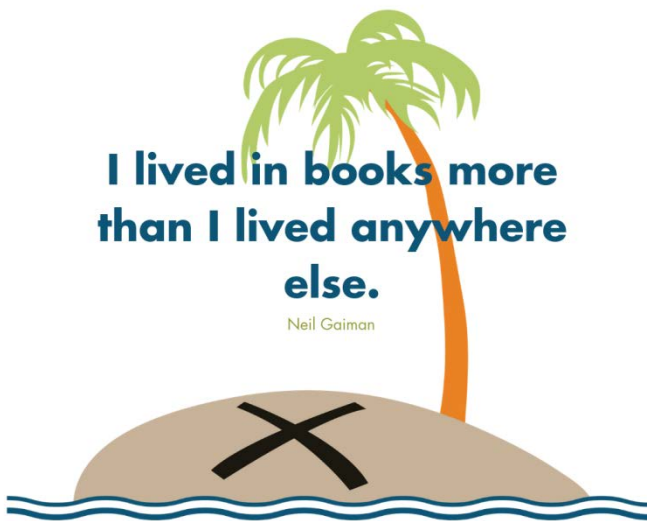
John Green



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**I lived in books more than I lived anywhere else.**

Neil Gaiman



**The beauty of a book is the exposure to a vocabulary we can only dream of.**

Stacey Collyer, Calgary Reads CEO

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