

## The Benefits of Sharing Stories with Little Ones



Stories are found at the heart of books, but they can also be found in the everyday. Stories don't cost anything; you don't need a book to tell your little one a made-up story about something you've done with them today. Of course, you could borrow a children's storybook from the library and make up a story based on the illustrations seen in the book rather than reading the text; or if you wanted, you could read a storybook in a more traditional way. Whatever method you choose, you are making a difference to your little one's life.

Here's how sharing stories can make a difference:

1. Stories help little ones feel connected to you and feel safe too.
2. Stories can help little ones develop a sense of self as they begin to understand who they are, and where they came from.
3. Stories help little ones better understand their own and other people's everyday thoughts and emotions, but they can also help little ones understand emotions that come about because of difficult situations.
4. Stories can help soothe or comfort our little ones when life feels a little overwhelming.
5. Stories help little ones understand the world around them and learn about things they've not yet experienced for themselves.
6. Stories offer little ones a window to new and exciting worlds which helps stimulate their imagination and creativity.
7. Stories that include a challenge which is resolved by the characters can help our little ones learn how to problem solve.
8. The self-esteem and confidence of little ones can grow if they are given opportunities to participate in or add to the story, so they become a storyteller too.
9. Spending time sharing stories with your little one helps support their brain development as it helps build their attention and listening skills, they learn new words, grow their vocabulary, and begin to talk about the illustrations or story too.
10. Little ones who have had stories shared with them, are able to share richer, more complete stories themselves one to two years later compared to those who haven't heard stories.

