

Talking Together in Cambridgeshire's Festival of Stories

The Benefits of Sharing Stories with Young Children

Stories are found at the heart of books, but they can also be found in the everyday. Stories do not cost anything; you do not need a book to tell your child 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 child's life.



Here are some top tips for sharing stories with young children:

1. Stories help children feel connected to you and feel safe too.
2. Stories can help children develop a sense of self as they begin to understand who they are, and where they came from.
3. Stories help children better understand their own and other people's everyday thoughts and emotions, but they can also help children understand emotions that come about because of difficult situations.
4. Stories can help soothe or comfort children when life feels a little overwhelming.
5. Stories help children understand the world around them and learn about things they have not yet experienced for themselves.
6. Stories offer children 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 children learn how to problem solve.
8. The self-esteem and confidence of children 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 children 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. Children 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 have not heard stories.