



SUPPORTING KIDS FACTSHEET

Strengthening children's mental health
through stories and connection



BOOK IDEAS:

- The Very Cranky Bear
- Giraffes Can't Dance
- The Gruffalo
- Harriet You Drive Me Wild
- Grug Builds a Boat



CAPS WEBINARS

The information on this factsheet comes from a CAPS Supporting Kids parenting webinar. Supporting Kids applies a practical and strengths-based approach to teaching emotionally aware parenting. [Find out more here](#)

WHY STORIES?

- Stories support creativity and imagination, which are often impacted by stress.
- Stories allow children to consider alternative perspectives.
- Children may be more likely to consider strategies presented in a book, particularly if they connect with the character.
- Reading together builds connection and mindfulness. Beyond sharing the story, it is also a time to be in the moment together.
- The repetition of stories creates more time for children to learn and integrate ideas and sensory experiences.

CONNECT WITH CAPS

Head to our website to find out about [upcoming parenting webinars](#), and [subscribe to our newsletter](#) for free resources and the latest child protection news!



The Very Brave Bear

By Nick Bland



[Youtube clip of story being read aloud](#)



[A link to purchase the book online](#)



QUESTIONS

- Which animal do you think was the bravest?
- Do you think they had any other feelings?
- Can you think of a time when you felt brave?
- What about a time when you weren't able to be brave?
- Was there anyone that helped you?

STRATEGIES

- Superhero thinking can be used if your child really connects with a character or person (e.g. Spiderman, Bluey or Bandit). If they are worried or stuck, you could ask them what they think that person might do in that situation? Could they channel their inner hero to help them? Let's pretend for the next 2 minutes to be _____. This can also work for parents if they are stuck to channel their inner hero.

- Create a Wall of Courage and acknowledge small and big success that your child has managed that are outside their comfort zone. This could be a whole family activity too. When a child might have a challenge they are facing, they can be directed to the wall to remind themselves that they can do hard things.
- Talk about times when you have struggled being brave, have worried or were nervous. This is about building emotional literacy and normalising worries and fears. It is also a reminder to model positive coping strategies for your children – boil the kettle, eat a meal outside, call a friend or family member for advice, or put on some music.

Use these strategies to help your child engage with the story!

