**The Reading Agency - Reading Well for Children**

**Reading Well for children** is a new booklist of expert endorsed reading to support children’s mental health and wellbeing. The list is targeted at children in Key Stage 2 but includes titles aimed at a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.

Reading Well for children provides quality-assured information, stories, and advice to support children’s mental health and wellbeing. Books have been chosen and recommended by leading health professionals and co-produced with children and families.

The booklist is targeted at children in Key Stage 2 (aged 7-11), but includes titles aimed at a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.

The books are available to borrow from your local library. Selected titles are also available to borrow as e-books and audiobooks. [Visit your local library website](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Flocal-library-services&data=05%7C02%7CEducation.News%40wokingham.gov.uk%7Cd12c7ea5b53e40b030e808dd396b1aea%7C996ee15c0b3e4a6f8e65120a9a51821a%7C0%7C0%7C638729855515003116%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=3BcyRNMwnzPqFF6l1yWCBmSt8ymWCaatjKXYkVEbg9w%3D&reserved=0) to find out how to join the library and access books electronically.

Developed by charity The Reading Agency ([www.readingagency.org.uk](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.readingagency.org.uk%2F&data=05%7C02%7CEducation.News%40wokingham.gov.uk%7Cd12c7ea5b53e40b030e808dd396b1aea%7C996ee15c0b3e4a6f8e65120a9a51821a%7C0%7C0%7C638729855515021277%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bOw4KkPiXpigl397Lh88UnBekLvGimgoJZvX73frPso%3D&reserved=0)) in partnership with Libraries Connected and the UK public library network, Reading Well is a national books on prescription programme that provides helpful reading to support health and wellbeing. The scheme is developed and endorsed by leading health partners and delivered in public libraries.

**How Reading Well works.**

Professionals supporting children can use the scheme to recommend helpful reading. People can also self-refer via the booklist.

The books are available to loan from all WBC libraries.

**The booklist**

The booklist provides quality assured information, advice, and stories to support children’s mental health and wellbeing. The books are all selected and endorsed by health experts, children, and families.

The list coversgeneral information and advice about: maintaining good mental health and wellbeing; understanding and managing feelings; dealing with worries; navigating the world around you, including at school, online and in the news; dealing with tough times, including when someone dies, trauma, and when a parent or carer has mental health needs; and support for living well with specific diagnosed conditions including Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD), Obsessive Compulsive Disorder (OCD) and physical disabilities.

**How do schools’ benefit?**

Reading Well for children has been mapped against key priorities outlined in the **2018 government Green Paper** on Transforming Children’s and Young People’s Mental Health Provision including prevention and early intervention.

The scheme provides evidence-based interventions for common mental health needs, e.g. anxiety, depression, behaviour problems, as well as support for children and young people who experience traumatic events, bereavement etc.

Reading Well is a ‘shelf ready’ resource that has been clinically endorsed by experts; staff don’t need to be familiar with the books themselves to feel comfortable recommending books from the list as part of their wellbeing provision.

**Endorsements**

Reading Well for children is supported by the British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society, Carers UK, Carers Trust, Mental Health First Aid England, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (Children and Young People’s Mental Health), Public Health England, Royal College of General Practitioners, Royal College of Psychiatrists.

You can also **download a certificate** to show that your school is an **accredited Reading Well school** by emailing [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk) to sign up.

We are willing to arrange a visit to your setting to discuss the importance of taking part in Reading Well. By championing Reading Well in your setting, you will be continuing to support your pupils’ health and wellbeing.

Additional information on the Reading Well programme is attached.

[https://readingagency.org.uk/get-reading/find-a-read/reading-well-for-children/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Freadingagency.org.uk%2Fget-reading%2Ffind-a-read%2Freading-well-for-children%2F&data=05%7C02%7CEducation.News%40wokingham.gov.uk%7Cd12c7ea5b53e40b030e808dd396b1aea%7C996ee15c0b3e4a6f8e65120a9a51821a%7C0%7C0%7C638729855515037780%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=M%2FrupIkRN4uMUyJH3erMeA8T%2F6z3oWiIN84%2FHoncFtU%3D&reserved=0)