

How reading helps me to help:



"Reading with my foster child bridges gaps between our life experiences... we can explore feelings, hopes, dreams and sometimes fears"

Solihull foster carer



"In different ways, reading can help everyone feel less alone"

Psychotherapist



"Books and stories are a wonderfully rich resource for everyone and here they're all in one place"

Social worker

"I like stories about feelings because they help you understand without complicated explanations"

10 year old child



Chelmsley Wood READING DEN

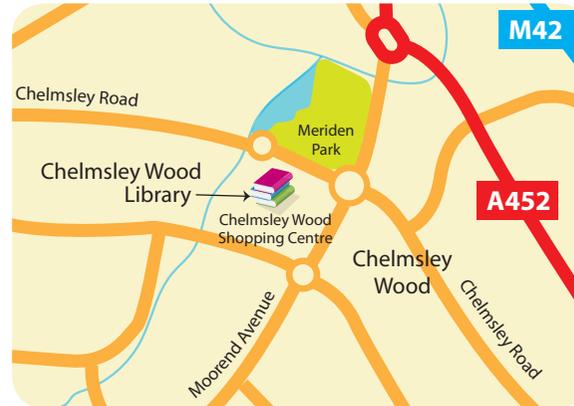
Chelmsley Wood Library

The Library is situated on the First Floor of the Chelmsley Wood Shopping Centre, entrance by Asda.

Tuesday, Wednesday, Friday and Saturday 9.30am to 5pm

Tel: 0121 788 4380

www.solihull.gov.uk/Resident/Libraries/Find-a-library/chelmsleywoodlibrary



Email: bsmhft.readingden@nhs.net

twitter: @solihullsolar

Get involved!

We would love to hear your experience of using the **Reading Den**. Please email us with your thoughts and views, and any suggestions for additional books and resources at bsmhft.readingden@nhs.net or complete a feedback form at the desk. We would also love to read reviews about our Reading Den books – again please email us or fill in a form at the desk.



Main switchboard: 0121 301 0000

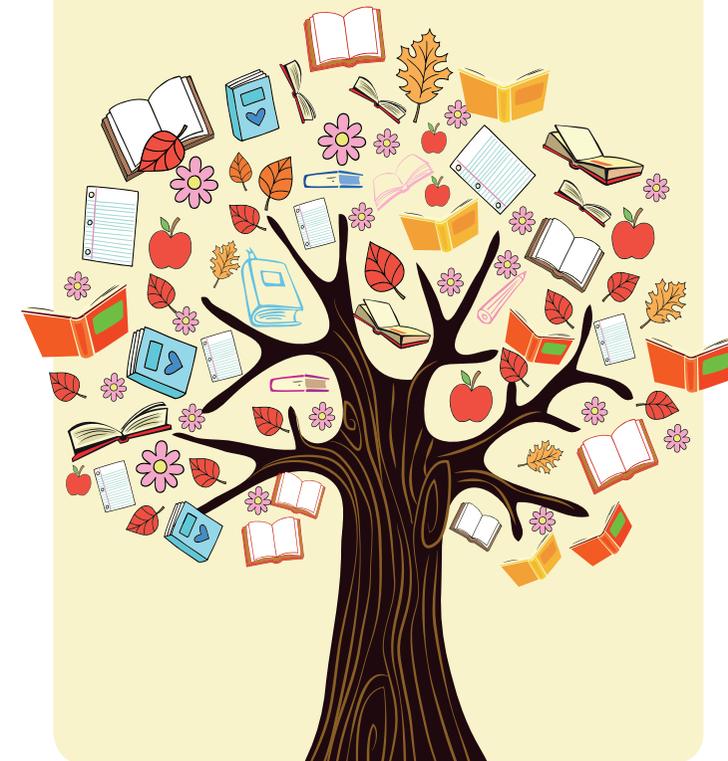
www.bsmhft.nhs.uk/our-services/solar-youth-service

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Chelmsley Wood READING DEN

Specialist books, stories and resources for parents, carers and children



A safe source of support for parents, carers and children

The Chelmsley Wood Reading Den offers a range of books and resources to support you talking with and caring for your children, and has been created with the particular needs of fostered and adopted children and young people in mind.

A visit to the Reading Den in Chelmsley Wood opens up free access to books, audio CDs and DVDs to help you and your children think and talk about thoughts, feelings and experiences, both ordinary and more difficult. In this way the Den hopes to help children and families, particularly those recovering from the impact of early painful experiences.

You can order books online to collect for free at Chelmsley Wood or at any of the other Solihull Libraries. The Reading Den catalogue is available via the Solar website: www.bsmhft.nhs.uk/our-services/solar-youth-services

What you can get for free:

Books for parents and carers

DVDs to encourage conversations and reflection

Story books for children, for shared or independent reading

Audio CDs to promote relaxation and sleep



How reading can help:



Making connections

A regular routine of reading together in a relaxed environment can increase a child's trust in your availability and your interest in them.

By understanding and responding to a child's cues during story time, you are helping a child learn about communication and building relationships now and in the future.

Independent learning

Reading time involves attention, listening, talking, understanding, turn taking and sharing all of which are the foundations of language development and learning.

Reading also sparks your child's imagination and stimulates their curiosity, creating further opportunities for learning.



Understanding difference

Through reading books, we can learn that we are not alone.

Books about different kinds of families, and people with different kinds of strengths and challenges, can help us to better understand and respect ourselves and one another.



Starting conversations

Reading for pleasure together with a child allows them to explore the world in a safe environment, through the eyes of the story book characters, creating opportunities for spontaneous conversations without the need for direct questions



Where is the Den?

The Den is permanently available at **Chelmsley Wood library**. Books can be reserved at all Solihull libraries and requested online for free for collection at Chelmsley Wood or any other Solihull library.



Who provides the Den?

The Chelmsley Wood Reading Den is provided by the **Solihull Library Service**, in conjunction with **Solar**, the emotional wellbeing and mental health service for children and young people in Solihull.

Information about Solar, and about how to access specialist support for adopted and looked after children and young people and their parents and carers, can be found on the Solar website:

www.bsmhft.nhs.uk/our-services/solar-youth-services or Tel: 0121 301 2750.

Chelmsley Wood READING DEN

solar
Brightening
young futures

Solihull
METROPOLITAN
BOROUGH COUNCIL

