There are children’s books available which depict things children fear (heading to school, the doctors, dentist, hospital, or having a medical procedure). Reading in advance of any of these life events, and having discussions with the child, helps to dispel myths and alleviate fear making for a more positive experience.

There are also children’s books that address healthy activities, such as brushing teeth, washing hands, eating well, etc. These books can encourage good health practices and help children in learning to take care of themselves.

It’s easier for children to reach out in friendship to someone who acts or looks differently if they have been exposed to examples of these differences.

Choose stories that show kids with disabilities participating in activities familiar to children as well as showing specialized equipment that helps them play like others. Choose books that promote understanding and respect.

Reading to a child helps them acquire the information and skills they need to succeed in school and life. It allows for questions and conversation beyond the story on the page. Choose a comfortable place where the child can sit near you. Help them feel safe and secure. When children enjoy being read to, they will grow to love books and be eager to learn to read.

Children enjoy learning about their world and are many times more aware of differences around them than we realized. They may have seen another child sitting in a wheelchair, or know of someone who has a chronic health condition. Through the use of children’s books, a child can learn that all children have strengths, weaknesses, similarities and differences.