



CASA
Court Appointed Special Advocates

Literacy, Connection, & Advocacy: Books in CASA Visits

Catharine James, Advocate Supervisor

1

You can never get enough books into the hands of enough children.

~Dolly Parton~



2

Connection

- Reading together creates connection between [parent] and child, and the physical contact actually boosts the brain's receptivity to learning.



3

"Exposure to words is the single most important thing that you can do to help build the language pathways in your child's brain," says Laura Phillips, PsyD, a neuropsychologist. "Reading and exposure to words helps kids maximize their language and cognitive capacity." **Even the tactile experience of holding or touching a book supports babies' cognitive development.**

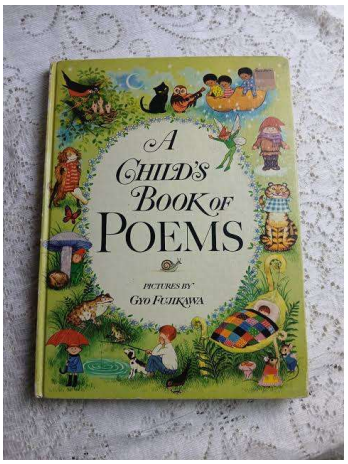
"When kids are with caregivers or parents, they're exposed to the same language, the same vocabulary words, the same patterns of speaking, which is wonderful," says Dr. Phillips. "But **books allow them to hear new vocabulary and new ways of putting words together, which expands their ability to make sense of and use language."**



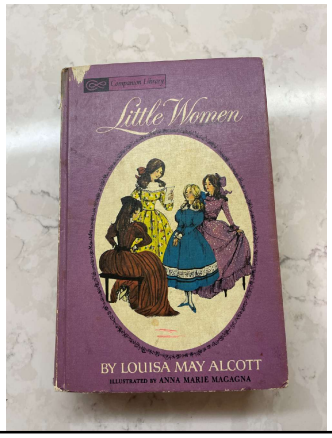
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What was your favorite book…

As a child?



As a youth/teen?



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How to pick books for your kiddos

Age range	Book type	Key features
0 to 12 months	Board books, cloth books	High contrast, simple images, few words
1 to 3 years	Picture books	Repetition, rhythm, familiar themes
3 to 5 years	Story picture books	Emotions, social situations, simple plots
6 to 8 years	Early chapter books	Short chapters, relatable characters
9 to 12 years	Middle grade novels	Complex themes, longer narratives

https://blog.munkterproducts.com/blog/how-to-choose-childrens-books-parents-essential-guide

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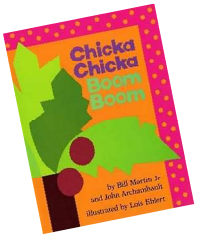
In <third> grade, we are no longer learning to read but reading to learn.

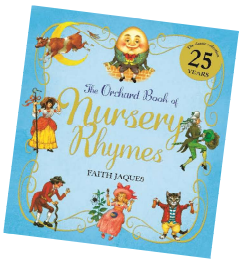
If you ever hear this statement, please disregard it and consider it rubbish!



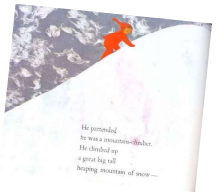
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Rhyme, repetition, and rhythm are not just fun. They are neurological tools.



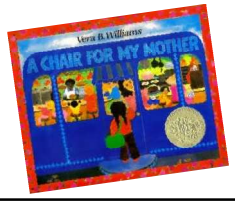


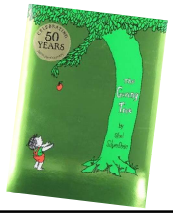
Illustrations should invite a child to linger, point, and ask questions. Overly busy illustrations can be distracting.





Emotional resonance often matters more than anything.





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Pre-Teens and Teens

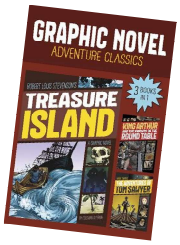
First, and most importantly, find out what interests your teen and cater to that.

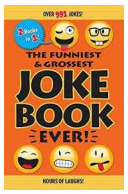
- Manga
- Graphic Novels
- Comic Books
- Sports
- Joke Books
- Hobbies
- Magazines

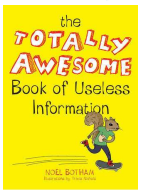


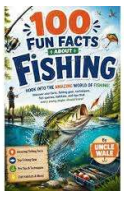












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Emotions, Foster Care, and More





Books help children develop empathy and emotional regulation by providing opportunities to discuss feelings and coping strategies.

Reading for as little as six minutes can reduce stress by 68%, slow your heartbeat, ease muscle tension, and positively alter your state of mind. (2009 research by University of Sussex)

Chester's CASA by Angela Shelf Medearis

Maybe Days by Jennifer Wilgocki and Marcia Kahn Wright

No Matter What by Josh Shipp

what to do WHEN YOU FEEL LIKE HITTING
a no hitting book for toddlers
By Cara Goodwin, PhD

My Body Sends a Signal by Natalia Maguire

The Usborne Unworry Book

Have Courage! A book about being brave by Cheri J. Meiners

A Little Emotional by Christopher Eliopoulos

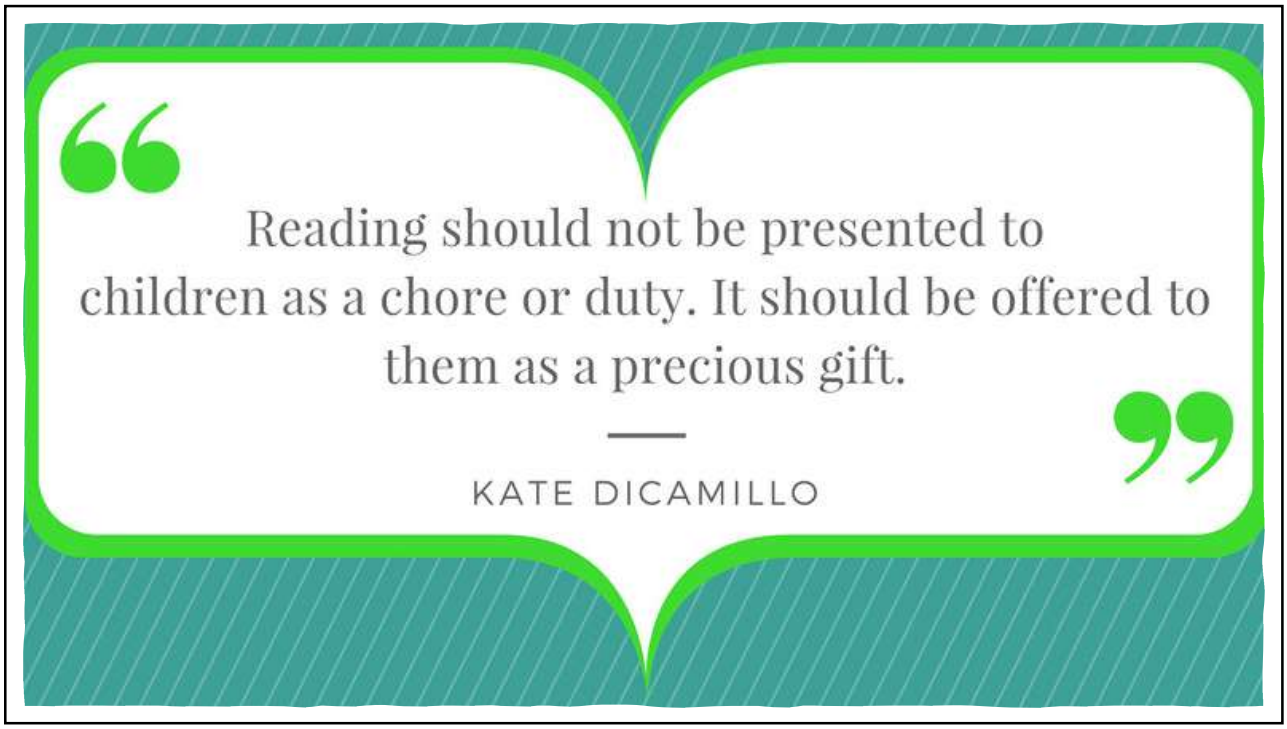
B is for Breathe by Dr. Melissa Munro Boyd

The Big Feelings Book for Children by Sharon Selby, MA

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- At least one-third of the more than 500,000 children in American foster care may have disabilities, and many of these children receive special education services, which is significantly higher than their non-foster care peers. However, specific statistics on the exact number of children receiving these services can vary by state and are often underreported.

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Credits

Laura Phillips, PsyD (Neuropsychologist)

Child Mind Institute, written by Hannah Sheldon-Dean

https://childmind.org/article/why-is-it-important-to-read-to-your-child/

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