

14/05/2021

The importance of mother's love and how mothers can champion reading in homes.

With Mother's Day that has gone by a week ago, I thought I would take a moment to recognise the influence and impact that mothers have on the lives of their children and why they are important in championing reading in homes. An article by Joseph Castro, in LIVE SCIENCE magazine (2014), stated that a study conducted on children's brain development indicated that "nurturing a child early in life may help him or her develop a larger hippocampus, the brain region important for learning, memory and stress responses". Brain images of the hippocampus of children exposed to a mother's love were 10% higher in volume than children exposed to mothers that were not as nurturing.

Children's bonds with their mothers from infancy has a direct impact on their future relationships, although it must be added that there are other factors that may influence this as well. Positive bonds between mothers and children have allowed for a passage to happy adulthood. The intention behind these statistics is not to stress moms into becoming supermoms, nor diminish the roles of fathers or other care givers, but rather to highlight the influence that mothers have on their children. There is so much that a mom does, either knowingly or unconsciously.

The value of moms is easily forgotten amidst all the menial tasks of changing diapers, shuttling your children to all their activities, being there when their little hearts break or when they face disappointment. Moms have extraordinarily broad shoulders and a formidable strength to persevere through all the challenges, quite often with very little rest and gratitude. Just like the catch phrase for Dulux paint goes, "takes life's little knocks beautifully", so too does the story of many mothers.

With the fast-paced life of today and many moms choosing to balance the responsibilities of their careers and their families, things can become a bit overwhelming to still fulfil the role of a nurturer. Here are a few tips for moms to champion reading in homes

- Buy books that have pictures and reading text.
- Read for their children in their mother tongue.
- Teach children how to read numbers.
- Teach children to read signs and explain their meaning e.g., fire signs, electricity signs etc.
- Read stories on regular basis.
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