


 **Lea** Education Authority

## Getting Ready to Learn



**Big Bedtime Read**  
Strathfoyle Nursery School  
Fri 25<sup>th</sup> Nov'22



Big Bedtime Read

### Aims:

- To explore the importance of reading to young children and how to enjoy a book with your child
- To provide resources and share ideas to support bedtime reading and early language development – SNS Story Bags and Class Dojo stories
- To provide parents with further information to support sleep

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### Sharing a book together:

- helps create a love of reading
- develops language skills
- encourages exploration of life experiences, feelings and ideas
- stimulates imagination
- builds knowledge and skills

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Spending time reading to or with your child helps support emotional well-being and strengthens bonds.

Adapted from *Birth to Five* Health and Social Care page 89

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## Bedtime Routines

Make sure your child is calm and ready for bed by having regular routines.  
Too much stimulation just before bed can wake your child up again. It can help to spend some time 'winding down' and doing some calmer activities, like reading.

Adapted from *Birth to Five* Health and Social Care page 89

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### An example of a routine could be:

- have a bath, then put on night clothes
- have supper or a milky drink
- brush teeth
- go to bed
- share a bedtime story
- Have a goodnight kiss and a cuddle

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Three to four year olds need about 12 hours of sleep, but the amount can range from 8 hours up to 14.


Some young children will still need a nap during the day.

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Recent research has shown that regular bedtimes positively impact on brain development and on behaviour



Recent research, by the University College in London, involving over 10,000 children, (published in journal - Pediatrics) showed that children who go for longer periods without a regular bedtime, can have disruption to natural body rhythms that can cause sleep deprivation. This can then impact on the way the brain matures and on a child's behaviour. (Professor Yvonne Kelly)

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**Screen Time**

How much screen time does your child have each day?


Screen time can be educational, but it's important to limit this to less than two hours per day.

**Tips for screen time**

- Take a good note record
- Monitor what your child is watching or playing - make sure it is age appropriate
- Encourage your child to spend the same amount of time being active together!

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**Research indicates that screen time hampers sleep.**

Use of devices can delay times at which children go to sleep.


Exciting video games and lively programmes or films engage the brain and release hormones that make it more difficult to sleep.



The light, emitted from screens, effects sleep patterns.



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**The World of Books: Stories**


**Familiar events**


**Imaginative worlds**




**Personal interests**



**New Experiences**



**Familiar Tales**



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**Information Books**

**Own life experiences**



**New worlds**



**Personal interests**



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## GETTING READY TO LEARN



## Integrated Approach:

## Baseline Questionnaire 2022-23

Please ✓ the relevant box to answer each question:

**Q1. How would you rate your understanding of:**

	Limited	Some	Good
a. the pre-school curriculum?			
b. your child's developmental milestones?			
c. the importance of physical activity for your child's development?			
d. the importance of reading with your child?			

**Q2. How would you rate your knowledge of how to help your child in:**

	Limited	Some	Good
a. developing their learning at home?			
b. improving their physical activity?			
c. building healthy eating habits?			

**Q3. How would you rate your confidence in reading with your child?**

Not Confident	Confident	Very Confident

**Q4. How often per week do you and your child participate in:**

a. activities in the home to support their development?

Never	1-2 times	3-4 times	5-6 times	7 or more times



b. reading at bedtime?

Never	1-2 times	3-4 times	5-6 times	7 or more times

c. reading at other times during the week not including bedtime?

Never	1-2 times	3-4 times	5-6 times	7 or more times

Q5. How often do you and your child use the local library service (including their online facilities)?

Never	3-4 times per year	Monthly	Fortnightly	Weekly

Q6. How would you rate your child's bedtime routine?

Not Consistent	Consistent	Very Consistent

Q7. How many hours does your child participate in screen-time activities per day? (e.g. TV, iPad, or Xbox)

Never	Less than 1	1-2 hours	3-4 hours	More than 4 hours

Q8. How often per week does your child participate in physical activities? (e.g. walking, running, jumping or playing ball)

Never	1-2 times	3-4 times	5-6 times	7+ times

Q9. What do you hope to learn from taking part in this programme?

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## Big Bed Time Read



## Borrowing Books

Strathfoyle Nursery School Story Bags

Children bring Story Bags home every Monday/Tuesday and return every Friday

Thank you for looking after the books, please check that all books are placed back in bag before returning to SNS. Happy reading!!

You can also contact local Strathfoyle Library on 71 860885 for further information. NI Libraries has an online programme, Rub a Dub Hub, specifically for children aged 0-4 and their parents.



## Getting Ready to Learn

Dear Parents,

We hope that you have found the information useful. Please speak to a member of staff if you have any questions. The children have enjoyed their Big Bedtime Read experience today. Pictures will be available early next week as we finally launch our new website!

Thank you for supporting your child in their early reading development with our SNS Story Bag resources.

As part of our Getting Ready to Learn programme we would be grateful if you would kindly fill in the short questionnaire and return to SNS on Monday. We receive £500 to support delivery of the themes with you as the year continues.

Check out the Getting Ready to Learn website for helpful parent information and ideas to support your child further. We find it very useful at SNS too!

Kind regards

Ms Fox, Mrs Craig and the SNS team ☺

