



Home Routines and Guided Reading



Coffee Morning 10/10 K2 & K3

K2和K3 咖啡晨会



Is your child getting enough rest?

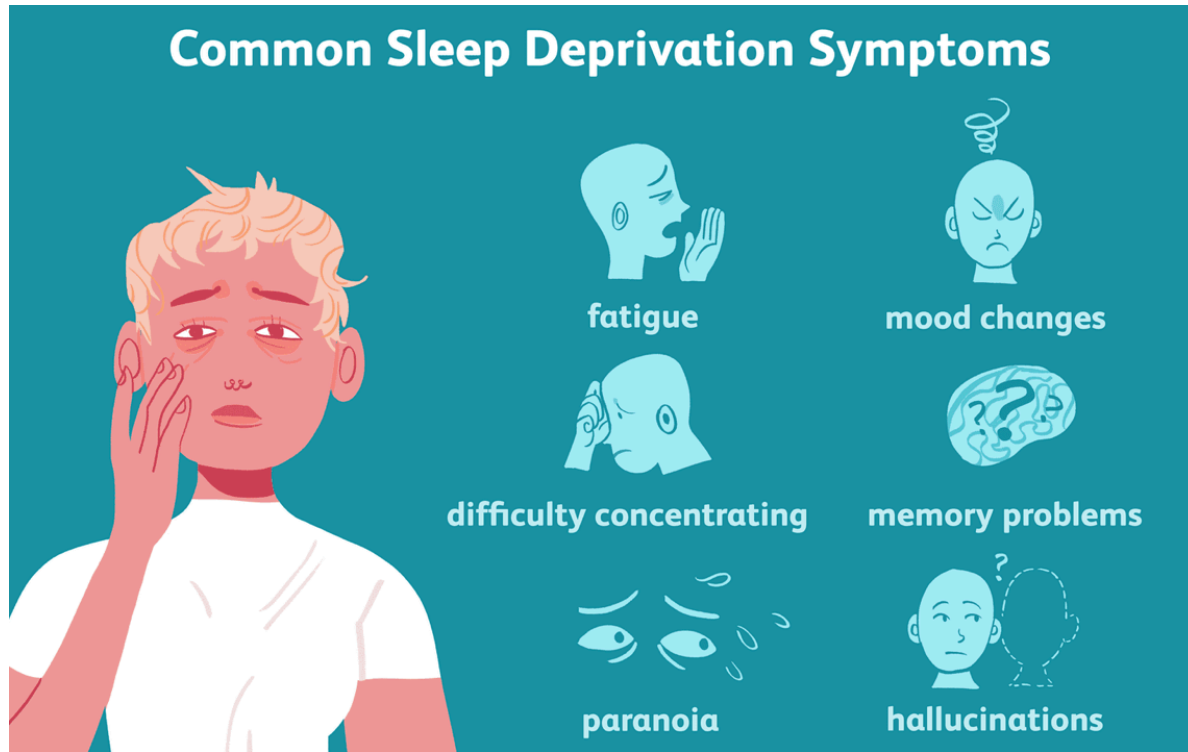
您的孩子有得到足够的休息吗?

- Does it take your child a long time to wake up in the morning?
• 您的孩子早上起床需要花很长的时间吗?
- Does it take your child a long time to get ready in the morning?
• 您的孩子早上从起床到准备好上学需要很长的一段时间吗?
- Is your child emotional in the morning?
您的孩子早上起来心情好吗?
- Do you need to rush before coming to school?
每天早上上学前您们会很匆忙吗?
- What is your bedtime routine and morning routine at home? 您们睡前和早起的常规是什么呢?

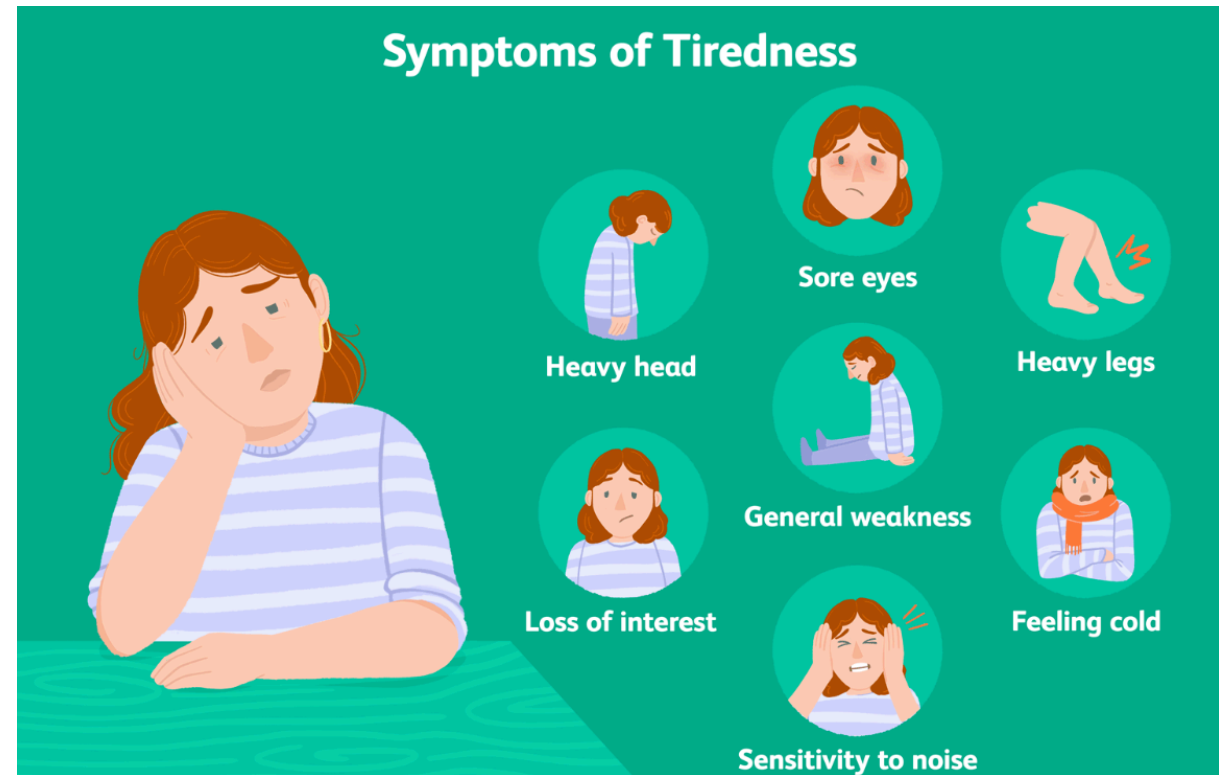


Why sleeping enough is important?

为什么足够的睡眠是非常重要的？



<http://www.educationalneuroscience.org.uk/resources/neuro-myth-or-neurofact/well-rested-children-do-better-at-school/>



Why sleeping enough is important?

为什么足够的睡眠是很重要的?

The AASM released the guidance in a two-page statement with the recommended minimum and maximum hours each age group should regularly sleep during a 24-hour period for optimal health:

根据AASM出具的达俩页的睡眠报告中推荐的 一天中 至少睡眠时间和最多睡觉时间的 年龄组:

- Ages 4-12 months: 12-16 hours (including naps) 4~12个月 : 12~16 个小时 包括午睡时间
- Ages 1-2 years: 11-14 hours (including naps) 1~2岁 : 11-14个小时包括午睡
- Ages 3-5 years: 10-13 hours (including naps) 3-5岁:10-13个小时保护午睡
- Age 6-12 years: 9-12 hours 6-12岁: 9-12个小时
- Age 13-18 years: 8-10 hours 13-18岁:8-10个小时

<https://www.aappublications.org/news/2016/06/13/Sleep061316>

<https://www.washingtonpost.com/business/2019/08/01/whats-normal-bedtime-year-old-researchers-say-earlier-is-better/>

<https://sleepcouncil.org.uk/how-much-sleep-does-my-child-need/>

More Zzz's please!
How many hours of sleep does your child need nightly?

Preschool	Elementary	Adolescent/Teen
11-13 HOURS	9-12 HOURS	8-9 HOURS

FYI Your child should...

- fall asleep within 15-30 minutes of going to bed.
- not need continual reminders to wake up.
- be alert in the morning.
- not need excessive naps.

Tips For better sleep, avoid...

- television and screen time one hour prior to bedtime.
- exercise close to bedtime.
- late-day food/drinks with caffeine (cocoa, tea).
- toys in the bed (they distract from sleep).

3 WAYS Help your kid rest easy.

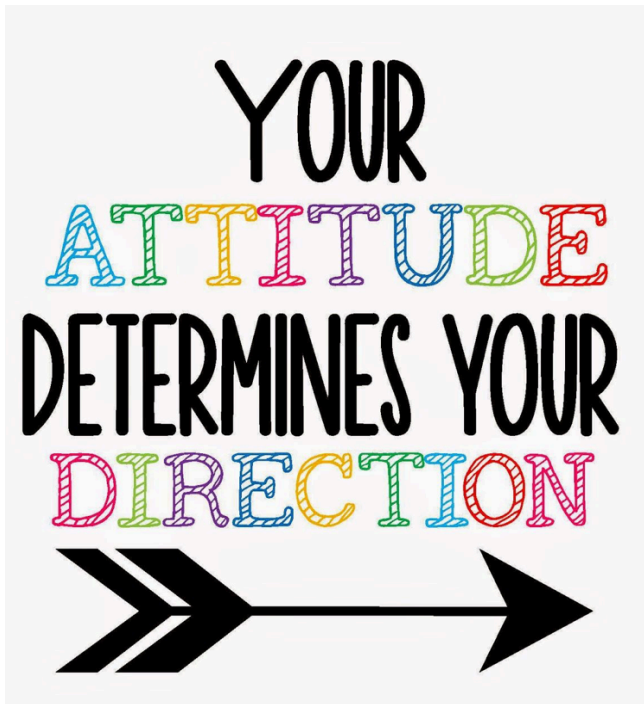
- 1 Establish a routine for everyone (that means parents, too).
- 2 Have consistent bedtimes and wake-up times.
- 3 Simplify schedules.

Why Benefits of good sleep.

- better concentration and performance
- increased alertness
- less moody

Marshfield Clinic
Don't just live. Shine.

How to get enough sleep? 怎么得到足够的睡眠?



- Calming activities including reading, taking a bath, giving hugs and kisses. 安静的活动包括睡前阅读，泡澡，拥抱和亲吻
- Stop all exciting or stressful activities (such as studying, sports, intense play or video games) or TV and computers at least an hour before bedtime and instead encourage children to read books or engage in other calm and quiet routines before bed. 睡前适合进行安静的活动如阅读，而不是刺激，紧张的运动如学习，运动，电子游戏等
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine (even in the weekends!) 即使是在周末，也要继续保持好正常的连续的睡眠常规。

In the morning... 在早上...

- Start the night before – prepare the night before (choosing clothes, prepare school bag – check everything your child will need is in it - set breakfast table).

睡前上学准备~提前准备好以下物品(选好衣服, 整理好书包, 备好所有上学所需的物品)准备好早餐

- Get up before your child – give yourself time to get ready, have some “me” time. 比您的孩子早起, 多一些准备的时间, 有一些“自我”的时间
- Make wake-ups more pleasant - pleasant music your child likes instead of alarm, hugging and greetings. 让起床成为一件愉悦的事情~准备一些愉悦的起床音乐, 而不是是闹钟或者抱抱或者是早起问候
- Follow a schedule - visual chart with morning routine. 按照程序一步一步走~可视化的早晨常规活动
- Keep your home items organized - consistency on locations. 保持家庭环境整洁~物品放置位置的连贯性
- Rely on clocks - visible clocks/time. 依靠闹钟~可视化的闹钟或者沙
- Double check before leaving - review with your child the morning chart. 离家前反复确认~跟着您的孩子一起复习早上程序表
- Rewards for finishing early - longer playtime after school, do an activity they choose. 提前完成要进行奖励~更长的玩耍时间或者选择他/她喜欢的活动

<https://afineparent.com/lighten-up/morning-routine-for-kids.html>

<https://www.understood.org/en/learning-attention-issues/understanding-childs-challenges/simple-changes-at-home/8-ways-to-make-mornings-easier>



How to support your child's learning at school?

如何更好地支持您孩子在学校的学习呢？

- Stick to the bedtime and morning routines at home.

在家坚持良好的晚上作息和早上上学常规。

- Be on time to school. 准时上学。
- Have a positive attitude. 保持积极的态度。

<http://themotherlist.com/late-to-school-impacts-child/>

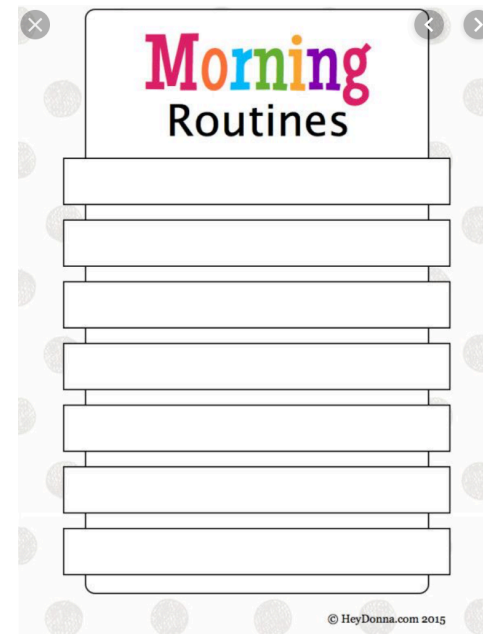
<http://www.educationalneuroscience.org.uk/resources/neuromyth-or-neurofact/well-rested-children-do-better-at-school/>

<https://www.tutordoctor.co.uk/blog/2016/august/going-back-to-school-with-a-positive-attitude2/>

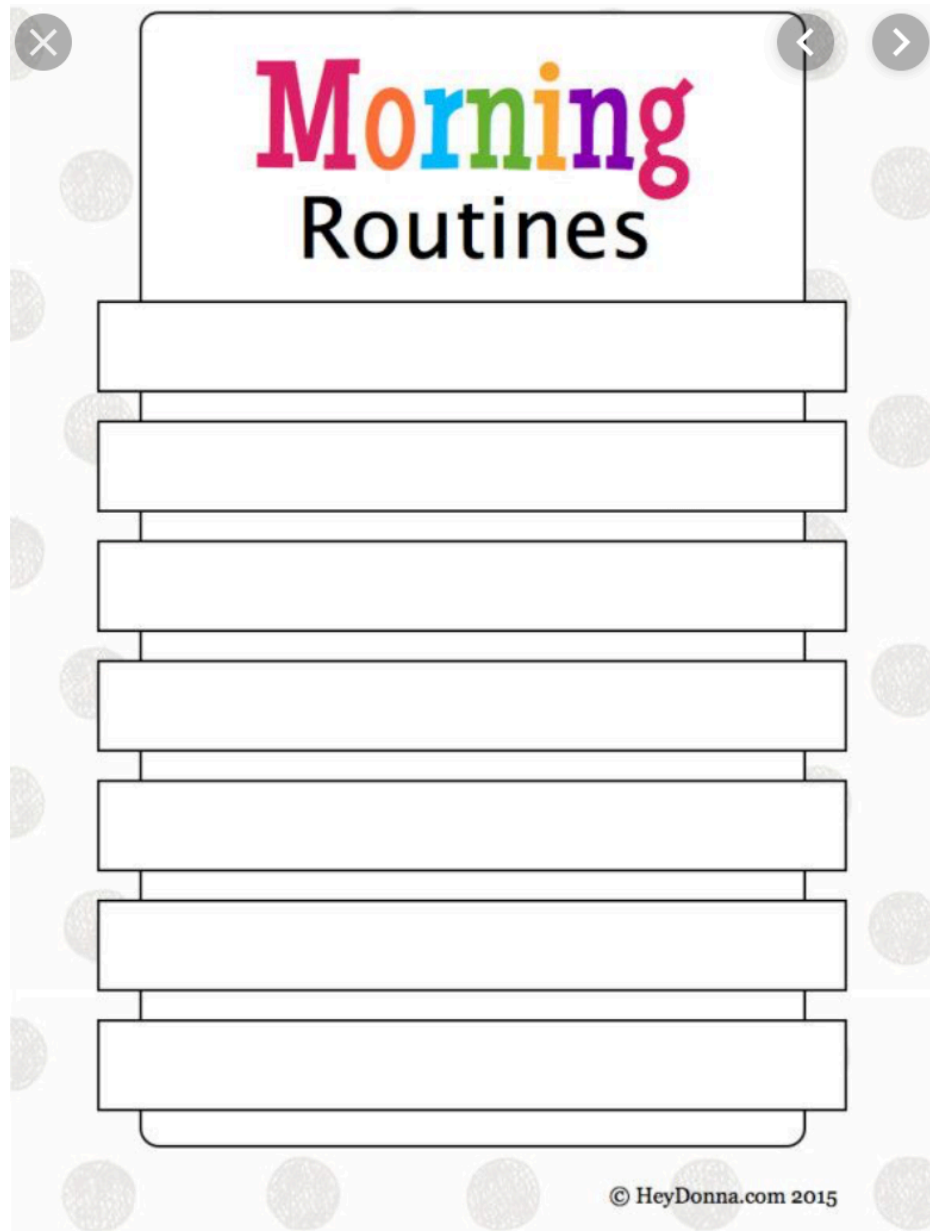
One small
POSITIVE THOUGHT
in the morning
can change your
whole day.
QUOTEDIARY.ME

Let's create our routine chats!

让我们创建流程图吧



Write down some ideas regarding the different steps to follow for your bedtime/morning routine. 请根据您的具体情况写下您和孩子晚上作息和早上起床的流程吧



A worksheet titled "Morning Routines" with a colorful title. Below the title are eight horizontal rectangular boxes for writing. The background has a light gray polka-dot pattern. There are navigation icons (close, back, forward) at the top.

Morning
Routines

© HeyDonna.com 2015



A worksheet titled "Bedtime Routines" with a colorful title. Below the title are eight horizontal rectangular boxes for writing. The background has a light gray polka-dot pattern. There are navigation icons (close, back, forward) at the top.

Bedtime
Routines

© HeyDonna.com 2015

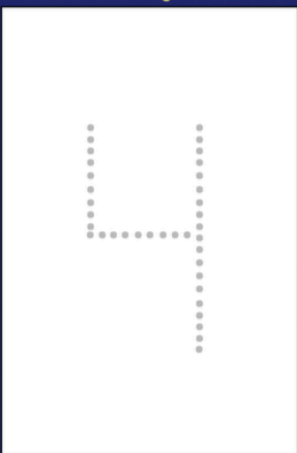
How to create and use your bedtime/morning chart..

如何创建和使用您的晚上作息时间/早晨流程图表

- Explain to your child that you are going to create together a visual chart to remember the things we are going to do before going to sleep/after waking up in the morning.
向您的孩子解释，您们将一起创建一个可视流程图表，以记住我们在睡觉之前/早晨醒来之后要做的事情
- Together, you can select the images that are appropriate for the routine (explain why watching TV is not applicable and why instead we are choosing reading a story).
同时，您可以选择适合日常工作的图像（解释为什么不选择看电视以及为什么我们选择阅读故事）
- You child can cut out the images selected and you can prepare the chart together.
您的孩子可以剪切所选的图像，然后您们可以一起准备流程图表
- Follow the link to find out how to use the chart (it's in English...): <https://www.funwithmama.com/kids-school-morning-routine-cards/>
点击链接以了解如何使用图表（显示语言为英语语言...）: <https://www.funwithmama.com/bedtime-routine-printable-sequencing-activity/>
- Place the chart in a place its easily accessible for your child to see and use.
将流程图表放置在您的孩子易于查看和使用的位置。
- Everyday, at a set time, let your child know it's time to go to bed and we are going to follow our chart. Have them get involved and use it together at once.
每天在设定的时间，让您的孩子知道该睡觉了，我们将按照图表进行。让他们参与并立即一起使用
- After your child gets use to using the chart, they can do it independently.
在您的孩子习惯于使用这个流图表后，他们可以独立进行操作。

BEDTIME ROUTINE

Completed:



Still need to:



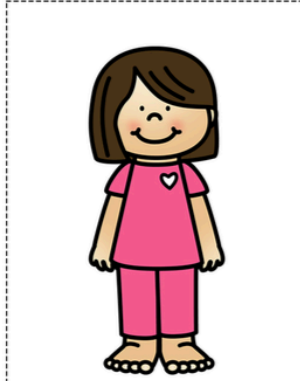
Cut out images below for full page routine:



Eat dinner



Take a bath



Put on your pajamas



Brush your teeth.



Read a book



Go to sleep



Do your homework



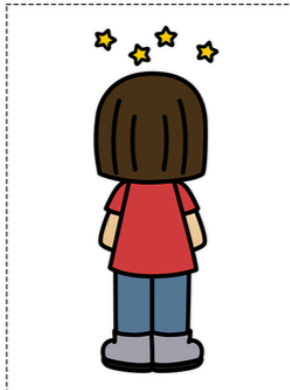
Play with your toys



Clean up your toys



Do your chores



Look at the stars



Watch TV

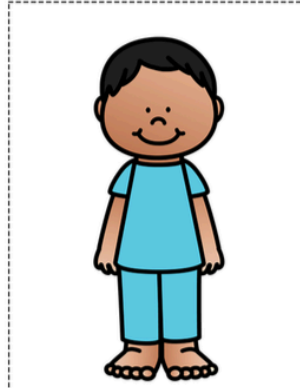
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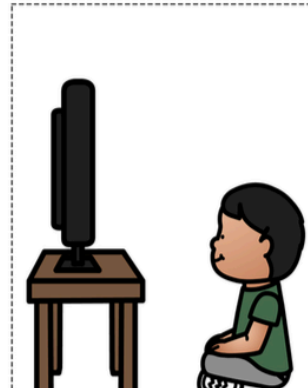
Clean up your toys



Do your chores



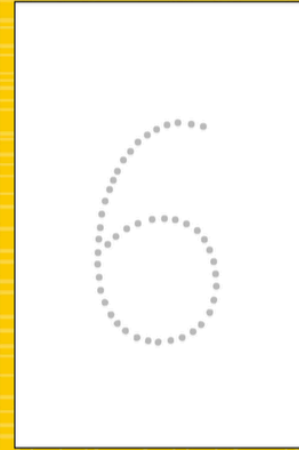
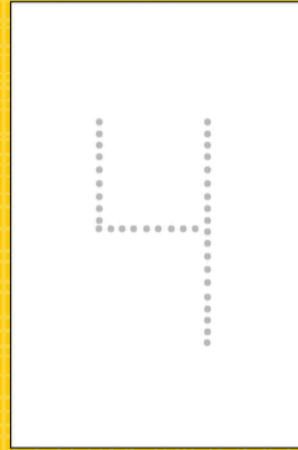
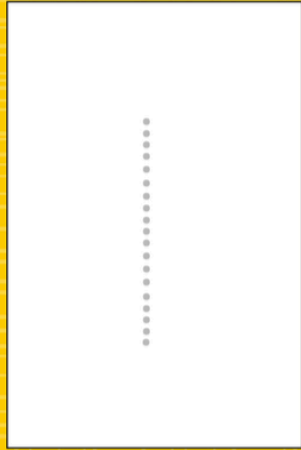
Look at the stars



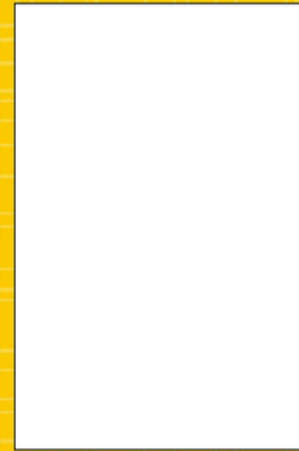
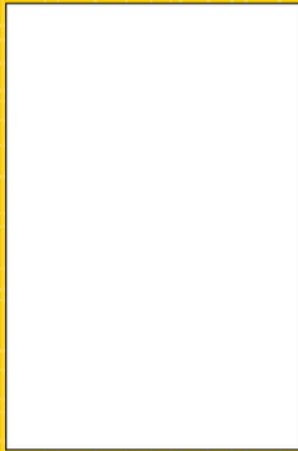
Watch TV

SCHOOL MORNING ROUTINE

Completed:



Still need to:





Wake up



Get Dressed



Brush your teeth



Comb your hair



Eat your breakfast



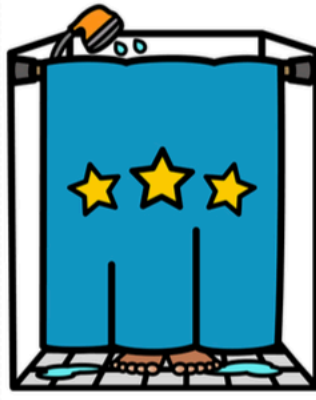
Go to school



Make your bed



Recess



Take a shower



Bus ride



Soccer



Eat Lunch



Wake up



Get Dressed



Brush your teeth



Brush your hair



Eat your breakfast



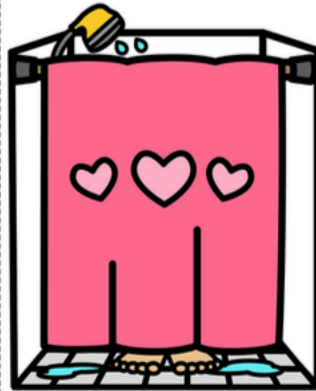
Go to school



Make your bed



Recess



Take a shower



Bus ride



Soccer



Eat Lunch

Why is reading at home so important?

为什么在家阅读很重要？

“Parents are a child’s first educator. A child’s family and home environment has a strong impact on his/her language and literacy development and educational achievement”

“家长是孩子的第一位老师。一个孩子的家庭和生活环境会对他/她的语言和书写发展以及学术成就造成强烈的影响。”

https://lemosandcrane.co.uk/resources/Research_review-importance_of_families_and_home.pdf



Benefits of reading at home 在家阅读的益处




Research suggests it 研究证明在家阅读:

- Builds vocabulary 增加词汇量
- Creates positive bonds between parent and child 促进家长与孩子之间积极的亲子关系
- Improves academic achievement (not just in reading)提高学术成就（不仅仅在阅读方面）
- Improves concentration 提高专注力
- Develops imagination 发展想象力
- Fosters a positive reading attitude 培养积极的阅读态度

https://www.pearson.com/content/dam/one-dot-com/one-dot-com/uk/documents/Learner/Primary/Primary%20parents/Pearson_EnjoyReading_03.pdf;

[Children's and Young People's Reading 2009: The ...https://literacytrust.org.uk › research-services › research-reports › childrens...](https://literacytrust.org.uk/research-services/research-reports/childrens...)

Why Read 20 Minutes at Home?

STUDENT A	STUDENT B	STUDENT C
<ul style="list-style-type: none">• Reads an average of 20 minutes per day.	<ul style="list-style-type: none">• Reads an average of 5 minutes per day.	<ul style="list-style-type: none">• Reads an average of 1 minutes per day.
<ul style="list-style-type: none">• 3,600 minutes/school year	<ul style="list-style-type: none">• 900 minutes/school year	<ul style="list-style-type: none">• 180 minutes/school year
<ul style="list-style-type: none">• 1,800,000 words per year	<ul style="list-style-type: none">• 282,000 words per year	<ul style="list-style-type: none">• 8,000 words per year
<p>By 6th grade student has read for an equivalent of : 60 school days</p>	<p>By 6th grade student has read for an equivalent of : 12 school days</p>	<p>By 6th grade student has read for an equivalent of : 3 school days</p>
		
<p>In order for children to become better readers, they need time to read.</p>		

Reading Routines in K2 & K3

K2和K3的指导阅读

- Your child will be given a Chinese and English guided reading book weekly.

您的孩子每周将带一本英文指导阅读书本、一本中文指导阅读书本回家。

- New reading books will go home on a certain day every week.

新的指导阅读书本将在每周的固定时间带回家

- School will provide a reading record. 学校会提供每个孩子一本指导阅读日志。

- Children should be reading daily for *at least* 10 minutes

孩子每天要有至少10分钟的阅读时间。

- Guided reading books should be read 3 times a week.

指导阅读书本需要每周给孩子读3次。

- The rest of the week children can choose reading material from at home.

剩下的时间孩子可以选择家里的书本阅读。

How can I help? My child doesn't want to read?

我的孩子不想读书，我要怎么帮忙？

- Stop and think...Is reading used a punishment or something to look forward to?
停下来，想一想... 阅读是被用作为惩罚还是令人期待的事？
- Are they surrounded by books?
孩子周围的书本多吗？
- Read with a purpose - a recipe, shopping list at the supermarket, instructions to a board game.
有目的地阅读 – 账单、超市的购物清单、玩具的说明书。
- Are they reading something they are interested in?
他们在阅读感兴趣的书本吗？
- Read together - Take turns one page each, share a bed time story.
一起阅读 – 轮流一人读一页，睡前故事
- Do they have good role models ?
孩子有良好的榜样吗？

<https://www.theguardian.com/books/2018/oct/10/growing-up-in-a-house-full-of-books-is-major-boost-to-literacy-and-numeracy-study-finds> ;

<https://journals.sagepub.com/eprint/Wm6JKfkqU9FfTNhgRQ7z/full>

Help your child with reading

I spy

Play 'I Spy' games. Can you find words beginning with...? Can you find a picture of a ...? How many ... can you see?

Ask questions

Ask questions about the story as you read it e.g. What is the story about? Why do you think they made that choice? Was it a good choice? Why did that happen? What do you think will happen next? What was your favourite part of the story? Why?

Make it fun

Enjoy reading together. Give characters funny voices and engage with the pictures. Make a game out of finding words that rhyme or start with the same sound.

Create

Use reading to inspire drawings or new stories.

Be seen

Make sure you are seen reading. Keep books and magazines at easy reach.

Get out

Go to your public library regularly. Find the books you loved as a kid to read together.

Go online

Look online & in app stores for appropriate word & spelling games.

Make space

Have a special place or a certain time when you read together.

Read everything out loud.

Books, poems, nursery rhymes, newspaper & magazine articles, food labels...
anything that is close to hand!

帮助您的孩子

阅读

我看到

玩“我看到...”的游戏。例如，你能找到由...开头的单词吗？你能找到...的一张图片吗？你能看到几个...？

提问题

在阅读的时候，针对故事提问。例如：这个故事是关于什么的？你觉得他们为什么做了那个选择？那是好的选择吗？那个事情为什么会发生？你觉得接下来会发生什么？你最喜欢故事里的哪个部分？为什么？

趣味性

享受一起阅读。赋予故事角色有趣的声音，联系绘本图片阅读。做游戏，寻找押韵或者开头发音相同的单词。

被看到

让孩子看到您阅读，做榜样。将书本和杂志摆在容易看到和拿到的地方。

走出去

定期去公共图书馆，寻找你在童年时爱读的书本，与孩子一起阅读。

创作

利用阅读来为绘画和写新故事激发灵感。

上网查

在网上和应用软件商店里寻找适合的单词拼写、识字游戏。

腾空间

设定特别的地方或具体的时间来一起阅读。

大声朗读出来

书本、古诗、儿歌、报纸和杂志文章、食物标签...
任何手边的文本！

They asked her: "How did you persuade your child to read instead of playing with smart devices?!"

She said : "Children don't hear us, they imitate us"



What can do when reading books sent home by school?

学校发阅读书本回家，要做什么呢？

In pairs or small groups choose a guided reading book.

What questions could you ask whilst reading with your child?

在两两或小组选一本指导阅读书本，讨论：您与孩子阅读这本书时可以提什么问题呢？



Q & A 问答时间



Please email us if you have any questions/feedback regarding the coffee morning.
如果您关于此次咖啡晨会有任何疑问或者反馈，请发到以下的邮箱地址联系我们

elenaroldan@bmh.education
jessicawaghorn@bmh.education
gloriaguan@bmh.education
chloeke@bmh.education

Thank you!
感谢您的参与

