



Uey News Cumberland

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"....Goodnight, Sleep Tight"



According to Dr. Marla Shapiro, sleep is important to children's growth and development. Without enough sleep, children are more likely to have difficulty concentrating and to have behaviour problems. In a recent newspaper article, Dr. Shapiro reported on a study of over 200 second and third grade students. This study showed that students who did not get enough sleep had more problems in math, reading and writing than children who slept well.

How much sleep does a child need?

Every child is different, and children's sleep needs differ at each stage of development. Doctors at the University of Michigan offer these guidelines.

At **18 months**: 13.5 hours, including 2 naps

At **3 years**: 12 hours, including 1 nap

At **5 years**: 11 hours

At **9 years**: 10-11 hours

At **11 years**: 10 hours.

Setting up healthy sleep routines starts early. The Canadian Health Network says: "The key.. is to teach

children to fall asleep by themselves; infants can be more easily taught to fall asleep by themselves than older children can."

What are some tips to develop good sleep habits?

- Set a regular bedtime and stick to it.
- Have a relaxing bedtime routine, perhaps a bath, snack and story.
- Make sure your child's day includes lots of active outdoor play.
- Avoid any food or drink with caffeine (cola, chocolate, etc.)
- Keep TV time for earlier in the day.

Make a Note ...

- ☺ The CART (Children and Adults Reading Together) program for children age 3-5, their parents and caregivers, will begin in some Cumberland County libraries in Sept, 2007. Call the Cumberland Regional Library at 667-2549 for details.
- ☺ Quote: "*If a child is to keep alive his ... sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in.*"

-- Rachel Carson

Did You Know?



Becoming a reader is a giant accomplishment. Children cannot do it alone. Canadian writer, Paul Kropp, suggests that to help children read well, parents must:

- read to them;
- listen to their reading;

- talk to them about what they read;
- organize a quiet time so reading can happen;
- buy or borrow books and other reading materials;

- work closely with their teachers;
- serve as a model by reading themselves.

(More information can be found in The Reading Solution by Paul Kropp)

Cumberland Understanding the Early Years (UEY) is a research study funded by Human Resources and Social Development Canada. For further information, visit:

www.hrsdc.gc.ca

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www.cumberlanduey.ca

Question and Answer

Dear MR. Q and A,

I feel confident that I can help Madison, my 4 year old, with reading, but what can I do about Math, besides counting?

Dear Parent of Madison,

You are right; Math is more than counting.

Math is about using those counting skills in everyday life. "Two more people are coming for supper. How many plates will we need?"

Math is about measuring. "Fill all the toys in the bath and tell me which one holds the most."

Math is about shapes. "I spy something that is round. I spy something that looks like a cone."

Math is about understanding patterns. "Can you see the pattern that the tiles make? Red, blue, red blue ... Can you make that pattern with your blocks?" "Can you make a pattern with your hands and feet? (Clap clap clap stomp, clap clap clap stomp)"



Math is about understanding and organizing information. "Let's sort the laundry by colour." "Put all your clothes in the drawers. Which ones go together? Why?"

Math is about making predictions. "Can you draw a picture of something you often do, something you sometimes do and something you never do?" "Do you think you will see a giraffe in our yard?"

Math is about exploring, thinking and having fun ... there is much you can do to help Madison with Math.

Enjoy,

Mr. Q and A

Things to Read...Owl recommends the poems of Maurice Sendak.



In September
for a while
I will ride
a crocodile
down the
chicken soupy Nile.
Paddle once, paddle twice
Paddle chicken soup with rice.

(Taken from Chicken Soup with Rice: A Book of Months by Maurice Sendak. Look for this and other Sendak books at the Cumberland Regional Library.



Things to Do...Owl recommends "Numbers on the Go"

Driving in the car with small children takes patience and imagination. Try some number games as a way to make the time pass more happily. Counting telephone poles and red cars is still a favourite but try some others.

- Write out a **Highway Hunt** list. For very young children, a sheet of drawings rather than a word list will make more sense. Include

easy to find things (a brown cow, one crow or a 100kmh. sign) and harder to find things (four horses together, a triangular yield sign or a street/town name that starts with T). The list can be as challenging or as simple as you know your child can handle.

- **Play Clap-a-Number Story.** Say "I'm going to clap a story."

Clap once, pause, clap twice. Your child must tell you not just the answer, "3", but the number story, "1 + 2 = 3". Once your child understands this game, take turns.

