

Bedtime stories



We had a wonderful time at our bedtime stories evening. Children came to school dressed in their pyjamas and listened to a story while parents listened to a presentation about bedtime stories by Mrs Richardson. We then enjoyed hot chocolate and biscuits while the children shared a story with their parents.



"Thank you so much for the bedtime stories evening. It is only when you hear about other parents experiences that you realise that small changes in the bedtime routine could make a massive impact. Thank you for enlightening us!" - a parent.

Did you know?

- A study by the university of Sussex found that reading bedtime stories benefits both the reader and the person being read to in terms of reducing stress. After just 6 pages your stress levels come down and it is a great way to overcome stress.
- It is no surprise that reading exposes children to more words and vocab and the learning of this speeds up when being read to on a regular basis. A scientific study which looked at poor readers after 8 weeks of daily reading practice showed that the brain activity had changed to be in line with that of a good reader.
- Most stories are about life and events or have morals or experiences and telling these help children cope with life's ups and downs.
- This bond of cuddles and calm and relax is key to helping a child have a calm bedtime and a good night's sleep as well as being a special time
- If dads read with their children it can have up to 7 more times impact
- Some educationalists say that reading 3-5 times a week can improve a child's reading age by 6 months; 5-7 times a week up to 1year!

