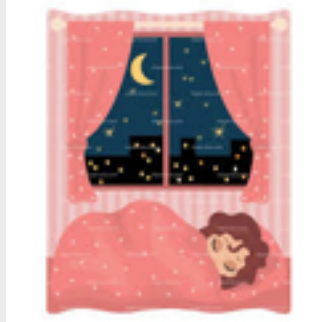


MABEL RUSH READERS

A Reading Newsletter for Our Families

Happy 2016! A brand new year to read more books!!

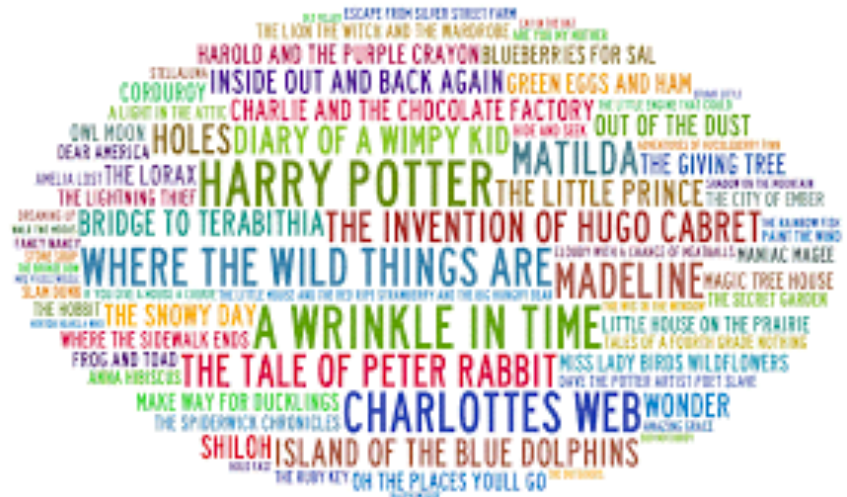


Is it a good morning?

First things first: Is your child getting enough sleep? Mornings are bound to be harder if kids are over-tired. Kids ages 3 to 5 need about 10 to 13 hours of sleep per night; it's 9 to 11 hours per night for kids 6 to 13, and for teenagers it's 8 to 10 hours per night.

A sleepy kid of any age won't function at his or her best, so work backwards from your fixed morning deadline (school start, daycare drop-off, work arrival) to determine when lights-out should happen.

www.greatschools.org



Motivating Kids to READ

www.rif.org

Studies show what common sense tells us: the more kids read, the better they read, and the more they learn about the world around them.

Unfortunately, the reverse also holds true: children who read very little usually have poor reading skills. Reading is a struggle for them, and they avoid it whenever possible. (cont. on page 2)





Help from the Newberg Public Library

www.newbergoregon.gov

Looking for information for reports, homework, or just for fun? Here are some great places to find it:

L-Net: Chat online with librarians to get help 24/7.

The Beehive Homework Help Center: Resource center for students studying reading, writing, math and science. English and Spanish.

KidsClick! Web Search for Kids by Librarians: Web directory and search engine.

Internet Public Library KidSpace: Internet resource library for kids organized by subject.

International Children's Digital Library: A free collection of digital children's books written in more than 50 languages

(cont. on page 3)

It's helpful to figure out your child's reasons for not liking or wanting to read. These reasons can help you decide what will work best in motivating your child to discover or rediscover how much fun reading can be.

WHY SOME KIDS DON'T LIKE TO READ

- It's boring. Don't despair if your children have this response to reading that is assigned at school. You can expose them to another kind of reading at home that is related to their interests.

- I don't have the time. Kids are busy. School, friends, sports, television, and chores all compete for their time. Some children need your help in rearranging their schedules to make time for reading.

- It's too hard. For some children, reading is a slow, difficult process. If your child is having a hard time reading, talk with his or her reading teacher. Ask about how you can find interesting books and materials written at a level that matches your child's reading ability.

- It's not important. Often children don't appreciate how reading can be purposeful or relevant to their lives. Parents can take it upon themselves to find reading materials on subjects that do matter to their kids. Let your child see you reading, too.

- It's no fun. For some children, especially those who have

difficulty reading, books cause anxiety. Even for children with strong reading skills, pressure from school and home that emphasize reading for performance can make reading seem like a chore. (cont. on page 3)



Motivating Kids to READ (continued from page 2)

Our advice: take the pressure off reading so that your children can enjoy it.

One great way to get kids motivated to read is simply giving them choices. Let your child choose the book. Just like someone may love green beans but not like peas, some people love reading mysteries and others adventure tales. The lists go on and on. Once they find what they do like, you can't keep a happy reader down.

FIVE TOP TIPS TO ENCOURAGE READING

1. Let your child choose. Plan a field trip to the library and let your child choose books that interest them. A librarian can help steer them in the right direction, too. Keep books readily available at home, in the car, wherever your day takes you.
2. Read to your child. Establish a routine for reading. Whether before bed or at snack time, reading can fit into almost any part of your daily routine.
3. Read aloud together. It's never too early to start reading to your little ones. For older kids, take turns reading each page of a favorite book.
4. Talk about what you are reading. Asking questions before, during and after the read helps your child make connections and increase reading comprehension skills.
5. Show your child that you enjoy reading. Be a reading model. Children often mimic parent behavior. Let your child see you enjoying reading and soon you may have an avid reader yourself.

Help from the Newberg Public Library (continued from page 2)

EduTainingKids.com Reviews: Children's Educational Software & Computer Games: A frequently updated site with timely reviews of hundreds of children's educational software, computer games and other items.

Free Library Cards for Students!

Students living in the Newberg School District are eligible for a library card at the Newberg Public Library. Please see the documents "Student Free Library Card" and "Español Free Library Card" under the teacher section of the site. Library cards will be mailed to your students to verify their addresses.

