

IMPACT

on HEALTH & WELLNESS for FAMILIES

FAMILY VOICES®
...keeping families at the center
of children's health care

CHILD DEVELOPMENT

November 2013



With an Improving Understanding of MCH grant, FamilyVoices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. www.family-voices.org and www.fv-impact.org. This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

What Happened to the Bedtime Storytime?

Once upon a time... the bedtime story was an established routine for parents and children. It was a routine that was responsible for developing a love of reading, and it is a routine that seems to be disappearing.

A recent poll taken by a British housewares store, Littlewoods, indicates that only 64% of 2000 parents read a book to their children—and 94% of those parents were read to when they were children. And 4% said their children do not own any books at all.

Only one in five parents read a book to their children every night—but 75% of them recall a nightly bedtime book routine when they were little. More than a third of parents never read books to their children at bedtime.

Why Not?

When asked why they don't read to their children, parents mentioned lack of time, stress, and that their children simply preferred TV and computers to books.

Read more about this poll here:

www.telegraph.co.uk/education/educationnews/10301513/Traditional-bedtime-story-dying-out-study-says.html

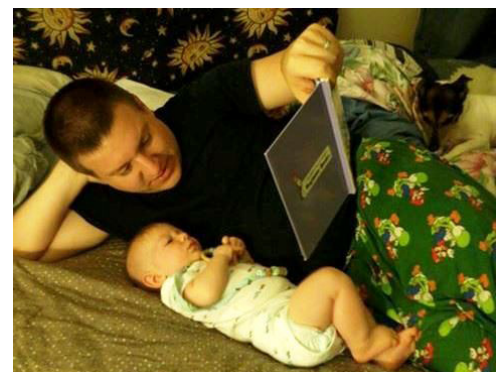
What Difference Does it Make?

Another recent British study shows that children who read books for pleasure made more progress from age 10 to 16 in math, spelling, and vocabulary, as compared to those who rarely read.

Children who were read to by their parents at age 5 performed better on tests in these areas than those who were not read to. Reading for pleasure had more to do with this progress than the educational level of the parents, too.

To read more about this study go to: <http://tinyurl.com/readingforpleasurestudy>

The message is clear—and this is not the only study to demonstrate the importance of reading to children: Reading to children makes a difference and helps them to become lifelong readers. And it is a special tradition well worth continuing! Good children's books can be found in libraries, yard sales, and at bookstores.



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