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Horn End News

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Study Links Bedtime Rules to Better Skills in Preschool Children

Parents know a nightly bedtime is not always easy to enforce. But researchers say bedtime rules may improve a child's development.

A new study found better results in four-year-olds who go to bed around the same time every night and sleep at least eleven hours. Getting less than that was linked to lower abilities in language, reading and early maths skills.

Researchers at SRI International in California did the study. It involved about eight thousand preschool children whose parents took part in government research on early childhood.

The parents answered questions by telephone at nine months and again at four years. The amount of sleep was based on their reporting of a child's usual bedtime and wake time.

For most measures of development, the study found that an earlier bedtime was also a predictor of higher scores.

Last August, a study in the journal Sleep Medicine said children who go to bed after nine o'clock took longer to fall asleep and slept less. The study found that children also got less sleep if they did not have bedtime routines



Special points of interest

- ↳ Bedtime Rules
- ↳ Sainsbury's Vouchers
- ↳ Manager's Memo
- ↳ Signing with Small Talk

Signing with Small Talk
Small Talk Speech and language Specialists have been providing our team with some training in signing with the children. Sign Language is a huge help for children who are visual, spatial, or tactile learners. Evidence shows that learning a second language raises your child's IQ. Often a common fear is that children learn signing this will delay their speech. This research has shown that this is not true. In fact allowing children to sign whilst their language emerges gives children confidence to communicate and learn new words. Eventually when a child becomes confident in a word they will drop the sign of their own accord. It is essential to allow children to do this in their own time to allow your child's language skills to blossom.

Managers Memo

PLACES AVAILABLE

If you are thinking of increasing your child's sessions or know anyone who is thinking of booking a place a nursery then we have just a few spaces due to children moving on to school. This availability is limited so speak to me if you would like to know more. During August and September any parent recommending a friend will receive a £25 reduction off their fees when a booking is made.

SWAPPING SESSIONS

We always try and accommodate parents when circumstances beyond their control mean that they need to change their child's day as a one off. This however can only be done if space is available and can be arranged no more than two weeks in advance. We are generally unable to give swaps for holidays as with so many parents we could not fairly manage this.

OUTSIDE ACTIVITIES

In the picture above right you can see how much our children are benefitting from the "real" resources you have recently donated. Any further donations of wood, pipe, buckets, canes etc would be greatly appreciated.

Many thanks
Suzy



Sainsbury's Vouchers

We have received a dark tent which was ordered with the Sainsbury's vouchers you donated. The children in the Tommy Thumbs room adore their new tent and the staff rotate sensory equipment inside it. Eventually it will be used outside and rotated in other rooms. Thank you for your ongoing support with the vouchers. we could not do this without you.

Horn End Nursery Premises At
Lamascote Road, Stafford, Egg Lane, Hixon,
& Wharf Road, Rugeley.

Please make sure we have your correct email address as we send out as much as possible this way to save the environment

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