

**About LitBits:** This resource was created in response to demand from schools and principals for bite-sized stats, quotes, tips, and resources on early literacy for use in newsletters and school communications, as well as for staff knowledge.

## READING ROUTINES AND SCREEN TIME

Back-to-school is a great time for parents to establish a daily reading routine at home and set limits around screen time—the amount of time children spend on smartphones, tablets, computers, and TV. Here are some other stats that may surprise you:

- The time children 8 and under spend on mobile devices has **tripled** since 2013
- **42%** of children 8 and younger now have their own tablet devices, compared to less than 1% in 2011
- **23%** miss sleep and feel tired because they have spent too long on their devices
- **42%** of parents say the TV is on “always” or “most of the time” in the home

New research shows children’s brain activity runs “cold” when they listen to an audiobook and “hot” when they see a book on an electronic screen, but “just right” when they are read a children’s picture book. This “Goldilocks Effect” proves children’s books are a great learning tool.

Establishing a [reading routine](#) is great for developing children’s vocabulary and comprehension, and bonding with parents. It’s as easy as doing the 4 steps on the right!

**Featured Read:** [What’s going on in your child’s brain when you read them a story?](#) by NPR



- 1 Special Time
- 2 Comfortable Place
- 3 Great Book
- 4 Ask Questions to Start a Discussion

**pals**  
**ASK GOOD QUESTIONS**

“What happened in the book?”  
“Who was the book about?”  
“What was your favorite part of the book?”  
“Did you like this book? Why or why not?”

## QUOTES ON READING

- “Read, read, read. Read everything.” – William Faulkner
- “Books are a uniquely portable magic.” – Stephen King
- “The greatest gift is a passion for reading.” – Elizabeth Hardwick
- “Reading takes us away from home, but more important, it finds homes for us everywhere.” – Hazel Rochman
- “There are many little ways to enlarge your child’s world. Love of books is the best of all.” – Jackie Kennedy
- “No skill is more crucial to the future of a child, or to a democratic and prosperous society, than literacy.” – The L.A. Times
- “Teaching reading IS rocket science.” – Louisa Moats
- “A good book is the best of friends, the same today and forever.” – Martin Tupper

## BACK-TO-SCHOOL BOOK LISTS

Looking for suggestions of great and timely children’s books?

1. [Charming, Plucky Picture Books That Ease Back-to-Class Jitters in the New York Times](#)
2. [15 Books to Inspire Healthy Habits in Kids by Scholastic](#)
3. [6 Books to Prepare Kids for Making Pals of All Kinds by CBC](#)

## Great Reads for Teachers

### 1. [THE MAGIC OF THE READ-ALoud](#) BY HEATHER MILLER

As children gather on the rug around their teacher to listen to a picture-book read-aloud, they experience the love of a good story and improve their vocabulary, understanding of syntax, and grasp of story structure. Here are some tips for teachers who wish to gain confidence or improve their read-aloud skills.

### 2. [READER-FRIENDLY ENVIRONMENTS](#) BY NATIONAL LIBRARY (NEW ZEALAND)

Tips for creating a welcoming library environment that encourages reading for pleasure.

### 3. [EMOTIONAL SELF-REGULATION AND READING SUCCESS](#) BY THE INTERNATIONAL LITERACY ASSN

Students with strong emotional self-regulation pick up on early literacy skills quicker than their peers who aren't able to self-regulate.

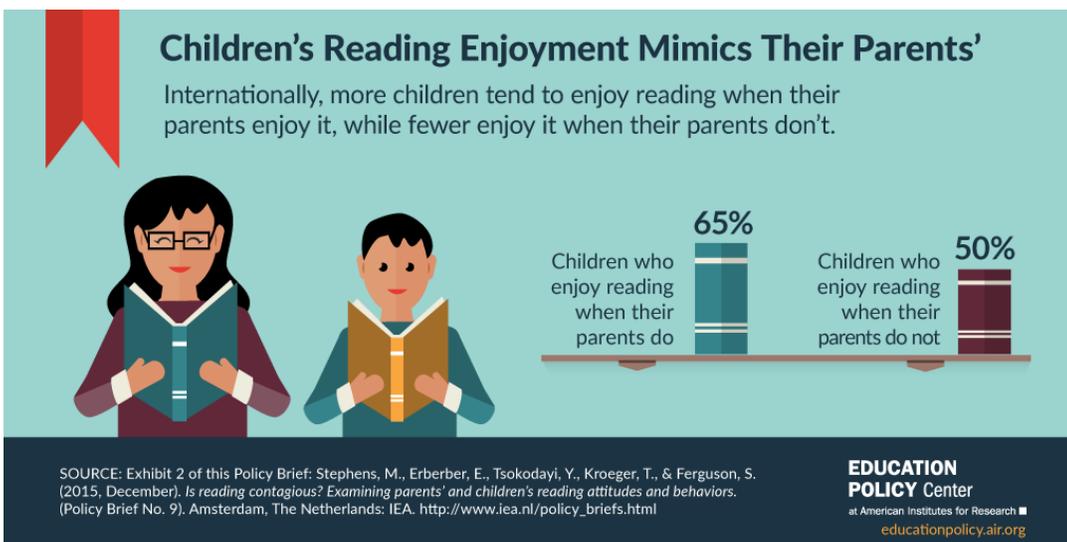
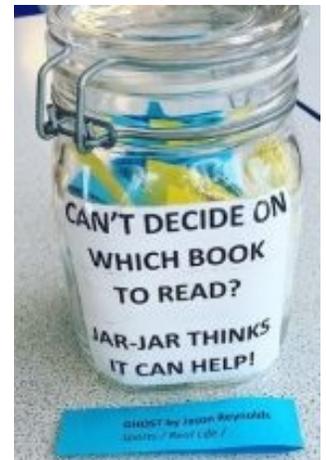
## Great Reads for Families

### 4. [CHILDREN'S LITERACY LEVELS FALL AS SOCIAL MEDIA HITS READING](#) IN THE TELEGRAPH (UK)

Heavy use of social media by children has been linked to lower levels of literacy for the first time.

### 5. [LIBRARY BOOK JAR: BOOK RECOMMENDATIONS ON THE GO!](#) IN BOOK RIOT

A book jar is a great way to help kids decide what to read and encourage conversations about books.



How is your school using LitBits? Send us your newsletters or tag us in your social media posts, and we'll enter you in a book draw!

This page left intentionally blank.