

Building Bright Futures: Reading Today, Growing Tomorrow

- The power of daily reading and mindful tech use for our youngest learners.



Small Group

- Response to Intervention (RTI)
- Tier 3



Daily Reading Matters — And It Shows!

- 1 book/day = ~290,000 more words heard by kindergarten.
- 5 books/day = ~1.4 million more words.
- More words = stronger vocabulary & comprehension.
- (Source: OSU Study, 2019)



Reading Boosts Literacy Skills

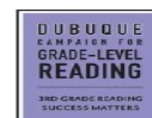
- Kids read to 3+ times/week
→ almost 2x more likely to score in top 25% in reading.
- Early *phonemic awareness* = strong predictor of later success. →
- (Source: National Early Literacy Panel)

Phonemic Awareness

- Listening to audiobooks in the car
- Hearing and making rhymes, nursery rhymes
- Clapping syllables
- Saying the first sound of a word- bat starts with /b/. (Not the letter b.)



We are stuck trying to decide what we can make time for and what needs to wait until “later.” So why is it so important to read to our children 20 minutes a day?



The Dubuque Campaign for Grade-Level Reading is a network of individuals and organizations working together to ensure that all children read at grade level by the end of third grade.

To learn more, visit www.readDBQ.org

Reading Fiction Builds Empathy & Self-Regulation

Children who regularly read fiction:

- Develop stronger empathy
- Better understand others' emotions
- Improve self-regulation and social skills

(Source: Mar, R. A., 2018; Journal of Applied Developmental Psychology)



Nonfiction is great too!



Screen Time: A Quiet Disruptor

- Every extra minute of screen time:
 - - 7 fewer words heard.
 - - 5 fewer words spoken.
 - - 1 fewer conversation.
- (Source: The Guardian, 2024)



Developmental Risks

- Ages 2–5: more screen time = slower progress in:
 - - Language.
 - - Memory.
 - - Social skills.
- (Source: TIME, 2019)

SCREEN TIME LIMITS BY AGE

1
Under 2 years
Zero screen time is recommended
Focus on interactive play and parent-child engagement

2
2 to 4 years
Limit screen time to 1 hour per day
Emphasise on quality content and shared viewing with caregivers

3
5 to 17 years
Balance screen time with physical activity, quality sleep, and reduced sedentary time

4
Adults
Limit screen time outside of work to less than two hours per day

Source: World Health Organization (WHO)

Willow Health Media

iPads: More Than Entertainment — A Behavioral Trap

[The Pitfalls of iPad Use](#)



Social Psychologist and professor at NYU, author of the bestsellers The Anxious Generation and The Coddling of the American Mind.

Alternatives to Screens

- Replace screen time with:
 - - imaginative play
 - -playing games
 - - reading with adults and siblings
 - - outdoor play.
- observing and discussing the world when out in public.

Reading time strengthens bonds & builds brains.



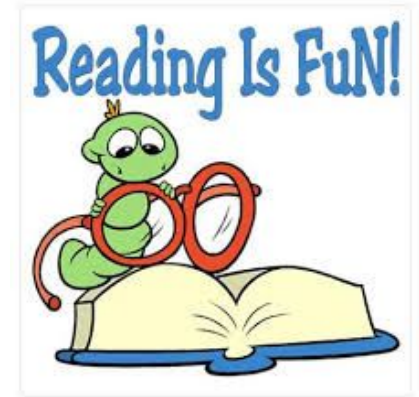
Quick Takeaways

- 1. Read every day — even 10 minutes counts.
- 2. Turn off/limit screens — especially before bed.
- 3. Limit to not more than an hour a day.
- 4. Be present — little moments matter.
- 5. Enjoy kindergarten! 😊



Resources for Parents

- Reach Out and Read (reachoutandread.org)
- AAP & WHO screen time guidelines.
- Phoenix Public Library: [Great Children's Books](#)
- [Library Event Calendar](#): Agave Library



Thank you, feel free to reach out with any questions: gail.block@dvusd.org