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Reading sites for kids

It is important for children to learn literacy skills. And some of the classic books we read as kids end up being our favorite adult stories. It's interesting to know how long it takes kids to read those classics. Whether you're evaluating your child's reading speed or simply trying to plan how long it will take to complete a mission, this information can be useful. Using fluency standards from the literacy company Learning A-Z, personal creations calculated how long it takes children to read a series of popular children's books. For each book, they used the average reading speed based on the appropriate grade level. They put where The Wild Things are at a second degree reading level, the estimate should take about 4.2 minutes to complete, in accordance with fluency recommendations. Charlotte's Web, a fourth-level book, lasts about 6.8 hours. Check out the full infographic below, then head over to the link to learn more. How long it takes children to read popular books | Personal Creations Photo: Click&Boo (Getty Images)I've always been a huge book nerd, so my parenting dreams definitely included my kids being as book-obsessed as I am. I love the real world experience of melting away as I got lost in a story, and I want my kids to know that feeling too. But when my son Lucas reached the age of 8, about the same age as me when I started my book romance, he didn't show much interest. I've been reading to him since birth, and although he liked some picture books and non-fiction, I couldn't get him to sink into an honest chapter book-to-goodness, no matter how much I promised him he'd like it. I didn't want to keep bugging him because that would make him more determined to dig in his heels. I had to be creative. I came up with a masked plan, in several parts. I had a strong feeling my son would love Harry Potter, so one night I crouched with him to read as I would any other night-with J. K. Rowling's The Sorcerer's Stone in hand. I read the first chapters, and in the middle of chapter four, right after Hagrid drops the bomb on Harry as a wizard, I stopped. My neck hurts. I can't go any further. Mom, a little more? I'm sorry dear, my voice just can't take it anymore tonight. Please? Ha! My plan was working. I told him that if he wanted to read a little bit by himself, I would allow him to stay up a little after bedtime. He enthusiastically agreed to get away with something. And that was the night my son became obsessed with Harry Potter and fiction in general. I'll never forget, a few months later, he came running into my room long after he should have been asleep and thrown into my arms, sobbing because of that special character who dies in book 5 (I won't just spoil it if any readers somehow succeeded to read or see Harry Potter). We're quite consistent with bedtime, but when it comes to reading late at night, we tend to look the other way. Within reason, of course, but for me, it's worth my kids missing a few minutes of sleep if it means they are developing their love of reading. And to further sweeten the deal, whenever my son finished the next book in the series, I rewarded him with a family movie night, complete with butter popcorn and candy. Today, at 13, my son is rarely without anything to read out of the reach of the arm, and I credit everything back on the first night, when I tricked him into falling in love with JK Rowling.So, if you have a reader who doesn't think he enjoys reading, I wholeheartedly recommend my little snuk attack. The key points for nails are: Be sure to choose a genre and story you know they will ideally like one that has a movie to go along with it. Start by reading to them (doing the work here!) until you know that you've got it totally, irrevocably dependent. Wide, glazed eyes and sagging-open jaw are indications that it is the perfect time to complain that the neck hurts and simply can not read a sentence more. To build a reward. An hour of bedtime later is an easy one, if you usually do reading at night like us. A few sleepy mornings now and then are worth ensuring your child becomes a life reader. Give them a book light. This is a must if they are sharing a room with a brother—and it's kind of more thrilling to read with the bedroom lights off. Build the movie night as a major event. When it was in its first place, it was a great motivator for my son to continue, especially for thicker books. I wouldn't give in, and I wouldn't let him look at it in advance. He had to finish the book first. Watching the movie after reading the book is also fun, because you get to compare the book with your child, teaching them the critical thinking skills that they can use in school and life. And you have to prove to your child that the book is always better than the movie. A truth that every book-proud nerd knows. Photo: Chris Chlor (Getty Images)There's really no bad time or place to read to a kid (well, maybe while scuba diving or getting a root canal, but you know what I mean). However, when my daughter was younger, one of the biggest time story setups involved sticking her in the bathtub, grabbing a stack of books and plopping me on the covered toilet or a chair. Reading for your child while they are bathing is great because 1) you are 2) Your child is contained (he has no choice to listen to the dramatic performance of Gruffalo), and 3) if he is agitated, he can play with toys and splash around as he softens into the story. The routine may last an hour or longer or as long as the water remains warm. A bonus: If you start reading a truly riveting book, your child I'm really looking forward to your bath time. Be sure to use this to your advantage. Hey, if you want to learn Wilbur's fate, you gotta wash behind your ears... Last updated on December 18, 2020 As an overwhelmed working mother, you get a lot of smart ideas from magazines, friends and the internet about managing your work, kids, and a household. Unfortunately, you might still feel exhausted and insufficient at work and at home, despite the tips to organize, cook efficiently and pamper yourself. How great would it be to wake up tomorrow knowing that you can start to feel better without all those overwhelmed feelings? The feeling of feeling overwhelmed when you wear a lot of hats: mother, professional, household manager, partner, friend, etc. has its roots in reality. You do a lot of important things. But here's the thing: If the overwhelmed feeling has become knee-jerking or chronic reaction, this emotion is now literally a part of you that needs your attention, so you can move forward with more confidence. If helping yourself sounds too difficult, never be afraid. These tips come directly from therapy and neuroscience to hack into the nervous system. You will learn deeper ways to calm yourself down and feel more confident in yourself, in your life, and in your choices.1 Breathe and notice what your body feels like inside and outBy using body-centered therapy techniques, you can better understand overwhelmed feelings and provide accurate and practical help. After you learn, when you feel stressed, your thinking brain is not the best resource. In fact, simply thinking about and strengthening your efforts to get rid of overwhelmed feelings could actually make them worse. The first step to help when you feel overwhelmed is to simply slow down and breathe. This does not mean that you should suddenly take in huge sips of air or breathe fast. That'll send you into a panic! Breathe normally and naturally. Make your breathing comfortably slow, the extension expires. Count 5 to 10 breaths.2. Get a little CuriousAsk yourself: do I know you're overwhelmed? Close your eyes or soften your eyes if you are up to it. Imagine changing awareness of your outer world and sending it into your body along with your breath. You might notice the signals right away. For example: My chest is tight, my heart is beating fast and there is a feeling of frustrated energy in my legs and arms. Or you might just hear some words like: I'm freaking out, not or can't do it! If possible, get a little curious about this feeling. Think that while it may be a great feeling, you have, other parts of you that feel different. 3. Offer some Loving Care for Stressed-Out Parts of YouRichard Schwartz, the developer of Internal Family Systems Therapy defines our personalities as being made up of sub-parties that interact in us. This explains why a of you can feel in one way and yet you have another part that feels different. Gently recognizing the part of you that feels overwhelmed and giving it some support and compassion (so would a scared child) can calm your body and mind. I got you, it's a great mantra to breathe in when you're overwhelmed.4. Get Smart about the WiseA nervous system you may have heard of the gut brain or body brain. The science of The Polyvagal theory shows that the entire nervous system impacts the way you think and feel - not just your mind of thinking. In fact, did you know that your wise nervous system generally retrieves information from your environment before your brain can interpret it? When you feel overwhelmed, just a small cue of danger felt in the nervous system is often the unconscious trigger that your advice from busy but competent to feel scared and exhausted. This cue could be as simple as a song on the radio that feels too-stimulating, the bad mood of a child (even if it has nothing to do with you) or the spouse forgets an unimportant commission.5. Remember that a feelingWhen you feel agitated, the physical body is naturally on maximum alert. Any information or stimulation you receive in these moments will feel overwhelming. This is not your fault, but it is useful to understand that usually when you feel like you're not good enough, it's not objectively true. Your mind may only be creating a reason for the danger signals coming from your body. Allows your body to feel without making a negative judgment about you or your life. This technique will help you break the cycle of overwhelming feeling, then creating negative thinking about the resulting feeling in overwhelming yourself even more.6. Learn the most common unconscious answers to StressWhy is this important? When you feel stressed, you probably respond unconsciously in the same ways throughout your life. For some, too much stress will quickly

create a numb, hopeless sensation. For others, the thought that life is just too much leads to panic or anger. However, others might completely freeze, feeling extremely anxious, but not able to do much at all. Biologically, all these experiments are quite normal. When you recognize that your body's reactions are not wrong or silly, it is much easier to relax and advance with confidence.7. Exercising part of the nervous system that provides well-being and social connectionI know that you can actually tone the vagal ventral nerve, the nerve responsible for feelings of safety and social connection? Whenever you are able, allow yourself to linger on your favorite memories that invoke feelings of connection with loved ones, beauty times in nature or favorite memories of pets or places. Use all your sense of will really feel the experience in your body. By doing this, activate and toning the ventral nerve as you might tone your muscles. Make some kind of body bookmark out of these pure content sensations that you can return to when highlighted. This practice can feel silly, like an indulgence or even a fantasy. But it's supported by science and it's important for you to create a strong and healthy response to stressors.8 Give Baby Parts a BreakNo part of you is trying to hurt you. But parts of us feel extreme feelings and carry burdens from our past. For example, if you feel currently overworked, it can activate parts of your personality that have felt just as early in life. Deep anger, fear, resentment or sadness give you a signal that something from your past might benefit from your attention. I know this may sound strange, but the next time you feel very overwhelmed, breathe and notice if you feel like a child trying to do an adult's job. If so, spend a moment with calm and compassion reminding all the inner parts of your child that you are indeed raised, capable, and do something appropriate.9 Address critical messages give you What do you hear saying to yourself when you feel overwhelmed? You may notice parts of yourself that sound critical or even cruel. Statements like I'm not going to catch up, why I'm trying, or I can't do anything right, are very common to hear when you're under stress. Believe it or not, these inner messages are probably the wrong parts of the protection of your personality. These parts are normal and try to help you by whipping you into shape so you won't fail, alerting you about scary feelings inside, or avoiding shock or disappointment by anticipating how others might criticize you. If possible, recognize these parts as protective. It can express a little gratitude. Notice the critical voices in you, even if they probably mean well, cause exhaustion and even more stress. When you recognize these messages inside, letting them know they're part of you, and you see their positive intent, critical messages are calm.10 Take small moments to express gratitudeEveryone's talking about gratitude, I know. But there are good reasons for this trend. More and more studies on gratitude show valid links between gratitude and stress reduction and mental health. A 2018 multi-university research study concluded that gratitude not only has direct effects on quality of life, but also has indirect effects through perceived stress and mental health. There are many reasons why gratitude has an impact on our nervous systems in positive ways, but most the way to discover this impact is to simply try it yourself. Take a minute every day to write one or three things for which you feel grateful. They may be large or small, important or trivial, but must be either Make this a habit and watch your stress-relief grow. Or you can try some of these 40 simple ways to practice gratitude.11 Play with TimeIn Gay Hendrick's 2010 book The Big Leap, he talks about the concept of Time Einstein vs Newtonian time. Newtonian time is the hour of the clock that we all watch all day. Einstein's time is more about what you do with your moments, realizing that your perception can slow or accelerate time. For example, if you spend time with someone you love and do something you like, time moves very quickly. Instead, if you do a miserable job in uncomfortable weather, every second can feel like an eternity. The next time you feel stressed, breathe slowly and remember that you're making time. Time is yours. Then enjoy the rhythm and do what you need to do. With practice, this little tool will become valuable for overcoming the mental pressure of time.12 Don't be fooled by perfectionWhen you're in the middle of raising children and work, sometimes nervous energy presents itself as perfectionism. In an effort to feel in control, you can make arbitrary but unreasonable goals for yourself that feel like they are necessary or true. Make a quick inventory of every job you expect from yourself and your family. Now he's questioning everything. What is really important and what is preferable? What jobs can be left to someone else's discretion, done well enough by children or has it completely decreased? Keep any jobs that give you joy and make them with joy. Let go of jobs that feel like standards or expectations with little or no payment. Save them for retirement, if you like.13. Give yourself credit for quality time with KidsThink by relaxing time with and enjoying your kids as a \$100,000-an-hour job. Very small amounts are still incredibly valuable. Showing your kids that they are important is just as likely to happen in a ten minute catch game as in a whole day at the water park. A common snack time, a book before bed, half an hour away from your phone to allow loving eye contact with your babes adds up to a lifetime of security and wonderful memories. Imagine your child one day saying, Mom worked hard, but she always had time to hug me, hear about my day, and give me guidance. I always knew I mattered to her. Meditate for one minute a dayYes, you can do more. But if you can't afford more than a minute, go ahead and sit comfortably, breathe and be in your body for this moment. It is such a simple but powerful exercise and children do too. As you meditate, observe your loving heart. What does he need from you today – patience, compassion, creativity, care, play? Remember to appear for yourself and will appear for your work and your family as well.15 Guard and celebrate SleepFrom tinies to teens, there are many inevitable reasons that children children your sleep. Here's what it is: unexpected insomnia due to childhood growth or disease is normal and is not easy to control. If you feel overwhelmed, though, sleep is crucial. There are two things you can do to improve your mentality towards sleep, so you set yourself up for confidence rather than collapse. One, prioritize and protect your sleep time. If you tend to wait until children go to bed to finish work or finally relax, that's fine. But don't let these activities reduce your sleep time. Given the choice between another load of laundry, Words with friends, binge watching Game of Thrones or eight hours of sleep, constantly choose sleep. Two, appreciate and express gratitude for any sleep you have. Sometimes it's impossible to sleep seven or eight hours. However, allow yourself to enjoy any time when you are laying in a comfortable space allowing your body to rest and repair. When you wake up saying I didn't get enough sleep last night, you put your mind on alert that there's something missing. This thinking alone can trigger feelings of overwhelming. Set the nervous system for success by appreciating any amount of rest. Final ThoughtsLife as a working mom is not an easy one. Overwhelmed feelings are natural and normal, but can take over and cause chronic stress and dissatisfaction. Allow yourself just a few moments a day to reorganize your thoughts and feelings using the steps above. Soon you will discover your self calm and capable. Take a lesson from your growing children: small changes create great results now and in the future. More for MomsFeatured Photo Credit: Bruno Nascimento by unsplash.com unsplash.com

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