

# To the Editor

Dear Editor,

Many children my age are told they must be in bed by 8 pm. I believe children should be able to choose their own bedtime.

Everybody knows that each child is different. Some children need lots of sleep to be happy in the daytime, and some children need less.

Some days when I have other activities after school, I don't get home until 4.30 pm. By the time I have afternoon tea, do my homework, and have my shower, it is dinner time. If I want to read a book before bedtime at 8 pm, there is no time to play. If I could choose my own bedtime, I could play for a while as well.

When it gets close to bedtime, there is a lot of stress in our house! There is so much that needs to be done before 8 pm. My parents check the time again and again. They could relax a little if they allowed us to just go to bed when we're ready.

Parents should allow children to choose their own bedtime. If this happened, every child would get the amount of sleep that's right for them. There would also be more playtime for children and less stress at night for parents. I hope parents reading this think carefully about the rules in their house!

Kind regards,

Eva Sandhurst

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Choosing Bedtime

1. Why did the student write this letter to the editor?

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2. What were the three main points that the student used to support their argument?

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3. Give two reasons why children should NOT choose their own bedtime.

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4. Write a list of all the things you do between getting home from school and going to bed.

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# Choosing Bedtime

1. Why did the student write this letter to the editor?

**The student wrote this letter trying to persuade the reader to agree with their argument that children should be able to choose their own bedtime.**

2. What were the three main points that the student used to support their argument?

**Different children need different amounts of sleep.**

**There are a lot of activities to do between getting home from school and going to bed.**

**It would be more relaxing for parents.**

3. Give two reasons why children should NOT choose their own bedtime.

**Answers will vary.**

4. Write a list of all the things you do between getting home from school and going to bed.

**Answers will vary.**