

18 Handy Tips for Family Education

Tip 9: When kids don't want to go to bed? (Dialogue Script)

Docudrama 1: DON'Ts	
Mother:	What happened? Is there no school tomorrow? Why don't you go to bed?
Siu-wai:	We want to play for a little while more before going to bed.
Mother:	Go to bed now!
Siu-wai:	Let us play for a little while more, it's not that late!
Father:	It's OK, it's not that late, let them play for a while more.
Mother:	It's already after 11 o'clock, both of you have to go to school at about 7 o'clock tomorrow, turn off the game player and go to bed now!
Siu-wai:	Daddy hasn't gone to bed yet, let us play for a while more!
Mother:	Adults and kids are different, stop arguing, turn off the game player, brush your teeth and go to bed now!
Siu-wai:	OK! We'll go!
Mother:	Don't talk like that or I'll give you a smack, no kidding.
Expert Advice	
Prof. Wong Po-choi:	Some teachers told me that many students do not have enough sleep. How can they have energy for school and concentrate on their studies? Many people believe that we should only go to bed when feeling tired, that's wrong. Actually, our brains are already overworked when we're tired, so we won't be able to sleep well. Sleeping late will also affect our health. Therefore, parents should set a regular bedtime schedule. Primary school students should go to bed at 9 to 10 o'clock. Secondary school students should go to bed at 10 to 11 o'clock. Children should go to bed and prepare to sleep even if they aren't tired. In this way, a good sleeping habit can be developed, intelligence for managing life would also be enhanced.
Docudrama 2: DOs	
Father:	Hey, is there no school tomorrow?
Siu-yee:	No, there's school...

Father: Then you should go to bed now.

Siu-wai: We want to play for a while more before going to bed.

Father: Do you know that you would be more and more stupid if you couldn't get enough sleep?

Siu-wai: Why?

Father: Have you seen any classmates yawn during class?

Siu-wai: Yeah!

Father: If you couldn't get enough sleep, then you wouldn't have enough energy the next day and couldn't concentrate in class. As you couldn't catch up with the studies, you wouldn't want to do homework and go to school the next day. Then, you would be more and more stupid.

Siu-yee: But we're not tired now.

Father: It's already too late to go to bed after feeling tired. Also, our bones grow when we're sleeping. If you don't get enough sleep, you wouldn't grow taller.

Siu-wai: I see...

Siu-yee: Actually I'm already a bit tired, why don't we brush our teeth now?

Siu-wai: Yeah!

Father: Very good! Sweeties!