

Ages: 4-5

# Well-Child Language and Literacy Tip Sheet



For more information, visit [thereadingleague.org/compass/families-and-caregivers](https://thereadingleague.org/compass/families-and-caregivers)

## Screen Time Tips

The American Academy of Pediatrics recommends limiting screen time to **1 hour a day or less**. Choose high-quality, educational shows, such as shows on PBS. Watch together when possible so you can talk about what your child is seeing.

## Language Tips

Expand your child's vocabulary by using unique words when you speak.

Listen to podcasts such as PBS's Molly of Denali or NPR's Wow in the World, and high-quality children's television programs like PBS's Sid the Science Kid or Super Why! that develop knowledge and words about specific topics.



## Focus on Words

- Fancy Nancy books purposefully introduce and explain “fancy” words within the story, helping children to expand their vocabularies.

## Activity Tips

Ask your child questions about high-interest topics that invite them to share their ideas in a back-and-forth conversation.

Example: If they are building with blocks, you might say, “*Tell me what you’re building.*” Then, comment on their response to keep the conversation going!



## Books as Treats

- Consider gifting books on special occasions, such as birthdays, holidays, or the first/last day of school. Go to the library or bookstore on a day off. Read books in a fort or snuggled up on the couch. Make reading fun!

## Pre-Literacy Skill Tips

Help your child practice recognizing their name in print, and talk about how the letters relate to the sounds in their name.

If your child is comfortable with letters and sounds, have them try blending sounds together words with three letters like map, sit, and tap. You can point to each letter, say the sound, then say the whole word—then have your child try. Show excitement when they read their first words, even if it is slow and takes a few tries. If they make errors, point to the word and help them in a supportive manner.

### SUGGESTED BOOKS

Hop on Pop, Bob books, or other books with easy-to-read words.



### Model Reading

- Read to your child often, but also let them see that reading is something you do for enjoyment.
- Is reading part of your family's culture?

Practice drawing lines, crossing lines, and making circles. Children should begin their circle at the top, then go counterclockwise to get ready to write. Once your child has mastered those, they may be ready to learn to write letters. Many children begin by writing the letters in their first name. Letters such as L and T are easier for preschoolers to write than letters with curves, such as G or J.

## Language Development Milestones

- Understands that written words have meaning and that we read from left to right.
- Recognizes and names several letters of the alphabet and the sounds they represent.
- Tells you the beginning and ending sounds of words when prompted.
- Attempts to write their name or other familiar words.
- Answers simple questions about a story read aloud (e.g., “What happened at the end?”)