

# 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

Limit screen time to **an hour a day**; more screen time is **linked to a higher risk of depression**. Experts **recommend** having screen-free bedrooms for children.

## Literacy Tips

**Plan for daily reading time:** Reading builds vocabulary, knowledge, and spelling skills!

**What to read?** Encourage your child to read books, magazines, graphic novels, comics, manga, etc.

**Read as a family:** Even when children are readers, they benefit from hearing adults read aloud. Choose books that appeal to the whole family and make memories together!

**Listening to audiobooks counts as reading:** Try incorporating them during travel, exercise, and chores.

**Choose to read during downtime:** Put reading materials in your vehicle and take them with you when you know you'll have to wait.

**Make reading part of your family's culture:** Children who see their parents reading are more likely to become readers themselves.

## Language Development Milestones

- Reads with accuracy and with expression.
- Spells most words correctly.
- Writes well-structured sentences and organized paragraphs.
- Summarizes a story and explains what characters feel or why events happened.
- Reads longer and more complex words fluently.
- Does not avoid reading or have low self-confidence in literacy tasks.

## Suggested Resources

Free ebooks and audiobooks are available. Most libraries offer Libby, the library reading app for free! Access thousands of titles electronically.

Need a book recommendation? Each year, books are nominated for the Maud Hart Lovelace Award. Many libraries order multiple copies of each of these engaging titles.

### Reading Difficulties—When to Speak With a Specialist:

- **Reading Fluency Issues:** Slow, choppy, or labored reading that impacts comprehension.
- **Poor Spelling and Writing Skills:** Difficulty with spelling patterns, organization in writing, or structuring sentences.
- **Reading Comprehension Problems:** Struggles with understanding or remembering details, summarizing, or making inferences in text.
- **Difficulty With Longer Words:** Struggles with reading more complex words that have more than one syllable.
- **Frustration with Reading:** Avoids reading and has low self-confidence in reading and writing tasks.