

Well-Child Language and Literacy Tip Sheet



For more information, visit 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

Help your child find books and other reading materials on topics that interest them.

Compare classic books with their modern versions.

For example, *Little Women* has recently been adapted into a more current graphic novel called *Jo: An Adaptation of Little Women (Sort of)*.

Encourage your child to write a review of a book they've read and share it with their family, other relatives, or friends.

Make it a family routine to talk about new words you read or hear each day. Thinking and talking about new words expands your vocabulary!

Language Development Milestones

- Exhibits the ability to read unfamiliar or complex words accurately and automatically.
- Spells accurately most of the time, particularly when spelling common words.
- Writes a paragraph and/or essay with well-organized writing and accurate sentence structure.
- Understands complex information, draws inferences, and analyzes texts.
- Knows and correctly uses a variety of vocabulary words.

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:

- **Difficulty With Reading Words:** Ongoing trouble sounding out new or complex words and often needs context to understand them.
- **Spelling and Writing Issues:** Continued struggles with spelling even common words, poor organization in writing, and difficulty with grammar and sentence structure.
- **Difficulty Understanding Complex Texts:** Struggles to break down text and understand things that aren't clearly explained or have deeper meanings.
- **Poor Vocabulary Development:** Limited vocabulary makes understanding and learning across subjects difficult.