

Ages: 2-3

Well-Child Language and Literacy Tip Sheet



For more information, visit theradingleague.org/compass/families-and-caregivers

Screen Time Tips

The American Academy of Pediatrics recommends **no more than 1 hour a day** of screen time. Ideally, this screen time would be high-quality programming that is viewed together (parent and child).

Language Tips

Listen to songs or poems that rhyme, and see if your child can notice or come up with rhyming words. Find ways to work rhymes into your conversations: *"Time to go, buffalo!"*

Activity Tips

Help your child learn to wait. A great place to do this is in line at a store. Set a great example by avoiding the urge to pick up your phone, and asking your child about what colors or shapes they see instead.



Dramatic Play

- Dramatic play gives children a chance to speak, which builds their sentence structure, grammar, and vocabulary.
- Use simple household items to set up a dramatic play area like a vet center, grocery store, ice cream shop, post office, etc. Children can play by themselves or with others. If you join in the fun, it can be a great time for back-and-forth conversations with your child!

Pre-Literacy Skill Tips

Switch out board books and picture books every week or two to keep them fresh! The library is a great place to get new books.

Read together every day. Work this into your daily routine so it becomes automatic.

Ask questions about what you read, see, hear, and wonder about. A child's ability to have back-and-forth conversations is strongly related to their brain development and I.Q.

Let your child do things to strengthen hand muscles and hand-eye coordination.

For example, use clay or Play-Doh, color with crayons, climb age-appropriate playground equipment, and roll or toss balls to each other.

When children have strong hand muscles and their eyes and hands work well together, it will make writing easier for them to learn down the road.



Alphabet Books

- Alphabet books make it easy to talk about the shape and sounds of letters.
- Children are often very interested in learning about the first sound in their names. Once they know a few letter sounds, you can point out other words with the same sound. *“Wow, I noticed that taco starts with the same sound your name starts with. Listen-Taco, Tim!”* Paying attention to the sounds in words starts getting your child's brain ready to read.



Concept Books

- Concept books explore one topic in-depth.
- Our brains store vocabulary words by how they relate to other things, so this type of book helps to make those connections.

Literacy Development Milestones

- Names pictures or objects in books without prompting.
- Finishes familiar phrases in books that have been read multiple times.
- Pretends to read or tell a story.
- Recognizes familiar signs or logos (e.g., stop sign, store logo, restaurant logo).