

Ages: 3-4

# Well-Child Language and Literacy Tip Sheet



For more information, visit [theradingleague.org/compass/families-and-caregivers](http://theradingleague.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.

### SUGGESTED SHOWS

*Reading Buddies™, Super Why, Number Blocks, Bluey, Wild Kratts*

## Language Tips

Register for preschool screening with your school district.

## Activity Tips

Point out when you hear alliteration (words that start with the same sound).

Example: "I picked a pink popsicle!"

Find things in your home that start with the same sound as your child's name.

Example: Taylor and table start with the same sound.

Teach your child the letter names and their sounds. Practice them when you are reading, playing with letter magnets, etc.



## Learn Through Board Games

- Board games give us real-world reasons to read, count, and practice patience through taking turns. Some board games, such as *Count Your Chickens*, teach cooperation by having all players work on the same goal.

## Pre-Literacy Skill Tips

Read alphabet books, counting books, and word books. Point out letters and numbers as you read.

Point out the names of logos and signs when you're running errands. Ask your child which colors and letters they see.

Example: "There's the Target™ sign." "I see the red circles!"

Point out real-world print on food boxes, medicine bottles, shopping lists, or on a personal calendar as you count down the days until an exciting event.

Tear paper, thread beads, open and close hair clips, play with clothespins, and practice cutting with child-safe scissors to help your child build finger strength and control (fine motor skills).



## Interactive Books

- Interactive books typically include flaps, pop-ups, sound effects, and/or other interactive elements that encourage tactile touch and participation.
- Read counting books and words books, pointing to the numbers and letters as you read. Point out the names of logos and signs when you're running errands. Ask your child which colors and letters they see.



## Have a Wait? Bring a Book

- Keep a bin of books in the car within your child's reach to expand your read-aloud routine. They can also look at the books while you drive or if you'll have to wait at an appointment or in a restaurant.

## Literacy Development Milestones

- Sits and listens to a short story from a picture book.
- Shows interest in letters, especially those in their name.
- Recognizes words that rhyme (e.g., cat, hat, bat).
- Knows how to open a book and turn pages one at a time and knows where on the page to start reading.
- Remembers some letter names and their sounds once they have been taught.