

# 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 or less a day**. Watch together when possible so you can talk about what your child is seeing.

## Literacy Tips

- Talk about letter sounds - what do you see that starts with the sound “sss”?
- Talk about what is the same and different in rhyming words. *“I noticed that cat, mat, and bat all sound the same at the end. Only the first sound is different!”*
- Look for decodable readers (phonics readers) at your local library or bookstore. These books help your child learn phonics patterns to build reading confidence and fluency.

## Language Tips

- Make time **every day** to read aloud to your child and have your child read to you.
- When you read aloud to your child, choose storybooks and non-fiction books to help children build their vocabulary and recognize more words in print as they grow as readers.
- Encourage your child to write! This could be through a daily journal, a back-and-forth journal between parent and child, or a science observation journal where your child can draw pictures and write about what they notice in nature.



## Decodable Readers

- When they first learn to read, children should read from books that contain the sound-letter patterns they have learned.



## Make Reading Fun

- Play games that encourage early literacy skills such as rhyming, matching letters with their sounds, and reading simple words.

Examples can be found on [The Reading League Compass' Families and Caregivers page](#).



## Set a Good Example

- Set a good example by creating a culture of reading among all of the children and adults in the home.

## Literacy Development Milestones

- Breaks down words into individual sounds, or phonemes (*example: breaks "sat" into the sounds s-a-t*), and blends sounds together to make words (*example: blends s-a-t to make the word "sat"*).
- Consistently applies the correct sounds to letters when prompted
- Sounds out unfamiliar words when reading instead of using context and picture cues to guess at words.
- Spells and reads words accurately after instruction and practice.
- Reads aloud and participates in reading activities without reluctance.
- Retells a story in order (beginning, middle, and end).

**If your child has difficulty with any of these milestones after they have been taught, consult with their teacher to see if they may need additional support. Early intervention is essential to your child's academic success.**