

The Whistle Stop



Prepare Your Child for Reading Success

A strong foundation of language will help your child become a successful reader. There are many simple activities that you can do at home to help prepare your child for learning to read. Keep it fun! It should feel like play, not work.

- Teach your child nursery rhymes and songs. Say and sing them together often. Make up your own silly songs.
- Play with words. Separate the sounds in a word (e.g. “mud” has three different sounds) or point out how some words begin with the same sound (e.g. “dog” and “dark”).
- Look for letters of the alphabet everywhere you go (e.g. STOP signs, menus, food packages). Play with alphabet puzzles.
- Make lists with your child – grocery lists, Christmas lists, and “to do” lists. You can include words and pictures.
- Read to your child every day! Pack a book and a snack whenever you go out with your child, especially if you might have to wait somewhere.
- Say yes when your child asks to stay up a little longer, and make it a 10-minute reading opportunity.
- Let your child see you reading books, newspapers, magazines, menus, etc.

About Language Express

Language Express provides communication assessment and therapy services for young children in Lanark, Leeds, and Grenville counties. Services are free and are available from birth until the end of Junior Kindergarten. Don't wait and see! We can help your child and provide helpful ideas for you and your child's caregivers or teachers.

When To Get Help:

- If your child is not meeting all of the communication milestones for his or her age. Check the milestones at www.language-express.ca.
- If your child is stuttering.
- If your child's play or social interaction seems different from other children his or her age.
- If your child's voice doesn't sound right.
- If your child has a diagnosis such as hearing loss, Autism Spectrum Disorder, or developmental delay.

Language Express is currently accepting referrals for children born in 2013 or later. **Children born in 2013 must be referred by January 31, 2018.**

Call us for more information
or to make a referral

1-888-503-8885

Connect with us!

Facebook: LGLHealthUnit

Twitter: @LGLHealthUnit

Make Mealtime a Language Buffet

Turn off the phone and TV and sit down for a meal together every day. Mealtime is a great time to build language skills as well as good eating habits. Try these ideas:

- Give everyone at the table a turn to talk about their day.
- Encourage children to listen to other people by asking questions like, “Did you hear what your brother said about playing soccer?” When children know you are listening and interested in what they have to say they feel special and are encouraged to talk more.
- Talk about preferences, e.g. “You like broccoli but Laura doesn’t.”
- Use interesting words to talk about the food: savoury, flaky, crumble, simmer... Your child will learn to use these new words if she hears them often enough.



Has your child started to stutter?

Many preschool children go through periods of stuttering, especially when they are tired, excited, or upset.



There are things you can do at home to help a child who stutters:

- Don’t tell your child to slow down or try again
- Don’t talk for your child or rush him to finish thoughts
- Do speak more slowly and pause more when talking to your child
- Do pay attention to what your child says, not how it is said
- Do set up talking rules in the family such as:
 - o We take turns talking
 - o Each person does his/her own talking
 - o We listen to each other

Do call Language Express! Many children outgrow stuttering on their own, but some do not. A speech-language pathologist can determine if your child needs speech therapy for his stuttering. It is important to begin intervention as early as possible.

Happy 20th Birthday Language Express!

Since 1997 Language Express has helped over 7000 children and their families at 8 clinic sites and dozens of community locations. We plan and deliver services as a system so that families have access to a similar range of quality services no matter where they live in Lanark, Leeds, and Grenville.



Great Books for JK Children

Where the Wild Things Are by Maurice Sendak.

Teach your child new words as you talk about the magical pictures in this classic book.

Sing a Song of Mother Goose by Barbara Reid.

Have fun saying the rhymes over and over until your child knows them by heart. Children who know how to rhyme have an easier time learning to read.

The Little Red Hen by Paul Galdone. Talk about why the animals do what they do. Let your child help you retell the story by filling in the repetitive parts.