

The Whistle Stop



About Language Express

The Language Express Preschool Speech and Language Program helps families in Lanark, Leeds & Grenville. We provide services for preschool children with speech, language and communication difficulties. These services are free and available to children from birth until the end of Junior Kindergarten.

When To Get Help:

- If you are concerned about speech/language/communication development
- If your child's speech and language skills have not improved over the past six months
- If your child often repeats sounds and/or words (stuttering)
- If your child's voice sounds different to you
- If your child's play or social interaction seems inappropriate
- If your child has a diagnosis such as cleft lip/palate, hearing loss, Autism or developmental delay
- If your child is not meeting one or more of the milestones for his or her age

Is Your Child Ready for Kindergarten?

Children need more than a backpack and a lunchbox to be ready for their first day of school. To be able to participate, learn, and have fun at school, children need a variety of skills, including these communication and play skills (these skills are expected by age 4):

- Follow three-step instructions ("Get your boots, put them on and go outside")
- Show "under," "behind," "next to," and "in front of" with a toy
- Understand and remember details of a story
- Anticipate what will happen next in a story
- Answer "Who?" "How?" and "How many?" questions
- Tell stories with a clear beginning, middle and end
- Start a conversation and keep it going on the same topic for three turns
- Use correct grammar
- Clearly make these sounds in words: k, y, f, g, d, t
- Enjoy more challenging games (puzzles, building blocks, construction games)
- Play with other children and use words to solve problems and plan play: "I'll be the Mommy and you be the baby."
- Hold a pencil correctly
- Cut with scissors
- Know some letters and start to match them with their sounds
- Understand what rhyming is

Tell us what you think of our newsletter! Complete a quick survey on our website www.language-express.ca



Call us for more information
or to make a referral

1-888-503-8885

Play, Play, Play!

Don't just let your child play, play with him! Children learn important skills and concepts when they play, and one of the best ways to support your Kindergarten child's learning at school is to play with him at home. That means turning off all of the

electronics, putting your phone away, and really participating in the play. Kids need:

- physically active play (running, jumping, climbing ...)
- problem-solving play (puzzles, counting, blocks, "What happens when..." experiments ...)
- creative play (painting, building, making music...)
- pretend play (role playing, acting out a story, having a pretend birthday party with teddy bears ...)
- book-related play (being read to, playing with letters and numbers...).



Fun Things You Can Do:

- Read with your child every day! Encourage your child to make up and tell stories.
- Play outside! Run, jump, play tag, hide-and-seek or ball.
- Make things together with scissors and glue. Count things and talk about things that are the same and different.
- Let your child "help" with chores by using a broom, dusting a table or sorting laundry.
- Give your child chances to play, both alone and with others. Attend OEYC and library programs. Play pretend with your child.
- Help your child to become aware of sounds in words. "What starts with 'mmm'?"
- Ask your child to tell you about what he or she did today. Listen closely and be interested. Draw a picture together of one of the activities and ask your child what you should write on it.
- Help your child to learn the letters in her name and to recognize her name when she sees it.

Help your child to be ready to go to school without you.

Secure attachment develops when parents respond warmly and consistently to their children. Comfort your child when she is upset; help her just enough so that she is successful when she is learning a new skill; and show her that you are delighted to see her when she wakes up, every time you pick her up from school or daycare, and at every other opportunity. Secure attachment helps your child to feel safe to explore the world around her, to get along with others, and to develop into a confident and curious learner.

Children need opportunities to learn that it's okay to be away from you for a while. Nursery school, swimming lessons, and play dates are all great ideas.



Some of the material in this newsletter was adapted from the Best Start online booklet *Learning to Play and Playing to Learn: What Families Can Do*. http://www.beststart.org/resources/hlthy_chld_dev/school_readiness_ENG_Nov2013_blur.pdf.