



## COACHING TIPS

### ***Newborn to 6 months***

- ❖ Talk, read, sing, and play with your child daily
- ❖ Use LOTS of words. (2,000 per hour) Say the names for people, places, actions, and things and narrate what you do and what you see
- ❖ Avoid screen time except for interactions with people (i.e., FaceTime or Zoom)
- ❖ Responsive interactions promote the development of strong learning brain
- ❖ Use loving words and avoid using harsh words

### ***9 months to 12 months***

- ❖ Talk, read, sing, and play with your child daily
- ❖ Play games like Peek-a-Boo or Pat-a-Cake or pretend play with a child's favorite doll or toy animal.
- ❖ Smile or clap your hands when your child names the things that he sees.
- ❖ Build on what the child says. If they say "ball," you can say, "That's your big, red ball."
- ❖ Use LOTS of words. (2,000 per hour) Say the names for people, places, actions, and things and narrate what you do and what you see.
- ❖ Use loving words and avoid using harsh words

### ***15 months to 18 months***

- ❖ Talk, read, sing, and play with your child daily
- ❖ Use LOTS of words. (2,000 per hour) Build on what a child says. If he says "ball," you can say, "That's your big, red ball."
- ❖ Play games like Peek-a-Boo or Pat-a-Cake and engage child in pretend play. (Talk on a play phone, feed the dolls, or have a party with the toy animals)
- ❖ Encourage child to ask for common foods by name and to talk in 2-3-word phrases when asking for things ("More milk")
- ❖ Ask child questions about the pictures in books, naming body parts, or simple questions that require a yes or no response
- ❖ Use loving words and avoid using harsh words

### ***24 months***

- ❖ Designate a daily family story time, such as bedtime, to read together and make up stories about the pictures in the books.
- ❖ Do lots of pretend play, acting out stories and role-playing. These are rich opportunities for using and learning language.
- ❖ Encourage use of more descriptive words (bouncy yellow ball)
- ❖ Give a simple set of instructions to follow. (Go get your book and put it in your bookbag)
- ❖ Perform gestures such as waving, pointing, nodding, and blowing a kiss and have your child model the behavior
- ❖ Ask your child simple questions that require more than a yes or no answer; give them choices, e.g., "Would you like to play with your doll or your blocks?"
- ❖ Use LOTS of loving words and avoid using harsh words

### ***30 months to 36 months***

- ❖ Designate a daily family story time, such as bedtime, to read together and make up stories about the pictures in the books.
- ❖ Encourage back and forth conversation using at least two back-and-forth exchanges and as many words as possible
- ❖ Tune in to your child's conversations with others, and help your child express themselves so that others understand
- ❖ Model positive responsive interactions when engaging in conversations with others (avoid using harsh words)
- ❖ Do lots of pretend play, acting out stories and role-playing. These are rich opportunities for using and learning language.
- ❖ Encourage child to point and name things seen in books, recite familiar nursery rhymes and songs, and recognize familiar words in print
- ❖ Ask "who," "what," "where," or "why" questions, like "Where is mommy/daddy?"

### ***4 years to 5 years***

- ❖ Designate a daily time to have a conversation with your child discussing events that happened during their time away from you (school, field trip, visit, etc.) or other things that interest your child.
- ❖ Designate a daily family reading time; discuss the book together & ask your child's opinions about what happens or what would happen if...
- ❖ Engage in talk that encourages the recollection of past events or telling a simple story that requires the use of imagination. Use time sequences (such as, what happened first, second, or third)
- ❖ Use a wide range of creative language, including both simple and complex sentences, and lots of familiar and new words to expand your child's vocabulary.
- ❖ Model positive responsive interactions when engaging in conversations with others and encourage attentiveness and politeness (example: Please, thank you), avoid using harsh words.
- ❖ Establish limits for screen time outside of school

### ***6 years to 8 years***

- ❖ Designate a daily time to have a conversation with your child discussing events that happened during their time away from you (school, field trip, visit, etc.) or other things that interest your child.
- ❖ Schedule a reading time each day; focus on the structure of the story: what happens in the beginning, middle and end of the story; use your imaginations to reinvent the story.
- ❖ Have your child to read to you and help them with words that are difficult. Ask your child questions to support reading comprehension; look up the definitions of difficult words together.
- ❖ Use lots of different words; intentionally focus on expanding your child's vocabulary and understanding how one word or compound words may have many meanings- Examples: "It's a cool day", or "That's a really cool robot!" Or "bookshelf" and "keychain."
- ❖ Create a fun family activity where you would use conjunctions correctly, like, "because", "then", "now", "when", "before", "while," and "although."
- ❖ Discuss your child's reading progress with their teacher; identify things you can do to help your child progress to proficient level reading or higher