

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. Every year Language Express receives about 400 new referrals and provides service to about 800 families.

When To Get Help:

- If your child is not meeting one or more of the milestones for his or her age. Check the milestones at www.language-express.ca
- 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

Language Express is currently accepting referrals for children born in 2012 or later. **Children born in 2012 must be referred by January 31, 2017.**

**Call us for more information
or to make a referral**

1-888-503-8885

Your Child Has Started School.... Now What?

Your role as your child's most important teacher doesn't end when he or she starts Kindergarten. In fact, your job gets bigger!

Your child needs you to:

- **Be involved.** Talk with her about school and communicate with her teachers.
- **Provide lots of love.** A secure attachment to you helps her to feel safe and confident exploring and learning at school.
- **Talk and listen.** Take the time to really listen and respond to what she has to say. Ask what, where, why, when, who and how questions to encourage thinking skills.
- **Read with your child every day.**
- **Play, play, play.** Spend time playing with your child; there is nothing she would rather do than play with you!
- **Provide daily physical activity through active play.**
- **Provide good nutrition.** Good nutrition promotes healthy growth and gives your child the energy to learn.
- **Have regular daily routines.** Having routines for getting up, eating, going to bed, active play, and quiet play makes your child feel secure and helps to prevent difficult behaviour.
- **Arrange regular health and development check-ups, including vision and hearing.**

Play = Learning, especially when you play with your child

Try some of these ideas

Activity	Talk About	Your child will learn
Drop objects into a tub of water	What sinks and what floats, and why (heavy/light, solid/hollow)	Science concepts, Vocabulary
Build a tower (with blocks, boxes, pillows, stones...) and measure it	Shapes, how tall the tower is, how you could build a taller one (bigger more stable base, flatter objects)	Math concepts
Make a cake (real or mud!) and have a pretend birthday party	How to read a recipe and measure ingredients. How many candles and plates you need. Who gets the first, second, third piece, etc.	Literacy Skills, Math concepts, Social skills
Read a story and act it out	Use new words from the story as you act it out. Talk about why the characters do things.	Vocabulary, Literacy skills
Games with rules (hide and seek, Snakes and Ladders...)	Whose turn it is, counting, how it's fun even if you lose.	Social skills, Math skills



Great Books for JK Children

We're Going on a Bear Hunt by Michael Rosen and Helen Oxenbury. Kids love to act out this story.

The Gruffalo by Julia Donaldson and Axel Scheffler. Talk about what the characters are thinking and who knows what.

Green Eggs and Ham by Dr. Seuss. Have fun with the rhyming words. Kids who know how to rhyme have an easier time learning to read

Children aged 2 to 5 years should play actively for at least one to two hours every day.

Speech and Language Help for JK Children

Sometimes when children start JK it becomes clear that they are struggling with speech, language, or literacy skills. The start of JK is also when problems with stuttering often start or get worse. Check your child's speech and language development using the checklists at www.language-express.ca. Don't wait and see! Contact Language Express right away. We can help your child and provide helpful ideas for you and your child's teachers. Referrals for JK children must be received by January 31st of their JK year.



Make the connection between school and home



Talk with your child about what she is learning at school and help her to connect it to her world outside of school. Comment on her artwork; encourage her to sing a song she has learned at school. Read class newsletters and check in regularly with

her teacher to see how things are going. Ask if there is anything the teacher needs from you. This will establish a positive, supportive relationship with the school.