



Walking, Talking and Reading With Your Child

Why Walk & Talk?

By walking and talking with young children they become immersed in language. There is so much to look at and talk about when you are out and about in your local community. Walking and talking is a simple, free activity that promotes healthy living and good communication skills. As parents you can help your child and become more involved in their learning.

How?

There are three 'Top Tips for Talking' with your child(ren).



1. Get down to your child's level

Sit at the same level as your child or crouch down when you are talking together. Being face to face shows you are interested in what your child wants to say. Being face to face also helps your child to see your mouth and how you say words.



2. Talk about the things you see and do

Point out things that you see or do in daily life and describe them for your child. This will help your child to learn new words and how to make sentences. For example, "Wow, you are swinging very high", "Mummy is pushing the buggy" & "Look it's raining outside".

3. Listen and add words

Listen carefully to what your child is trying to tell you and show you. Repeat what your child said to show you understood. You can also add in some extra words to expand on what your child said. For example, if your child says "Big apple" you can say "Yes, a big red apple".



Where?

You can walk and talk with us each term as we go out from nursery school on trips such as:

- Our environment walk around the block by nursery
- Walking to the library
- Going to Birmingham City Centre on the train

You can also walk and talk...

- on the way to and from school
- in the park
- in the supermarket
- Anywhere!!!!

Please remember to walk safely with your child and ... if you are on your mobile phone your child cannot talk to you.

Speech Sound Development: Approximate Ages of Sound Use

These percentages show at what age 50% and 90% of children usually use the sounds listed.

<u>Sounds</u>	<u>50% of children</u>	<u>90% of children</u>
most vowels	1½ - 2 years	3 years
p, b, m, n, t, d, w	1½ - 2 years	3 years
k, g, f, h, y	1½ - 3 years	4 years
ng, s	1½ - 3 years	5 years
l	3 - 3½ years	6 years
sh, ch, j, z, v	3½ - 4½ years	6 years
r, th	4½ - 5 years	7 years



Speech Sounds Advice

1. Avoid correcting your child's speech sound mistakes or making them say it again. Doing this tends not to work and may knock their confidence. Simply repeat the word back to them in a natural way. E.g. **Child:** "Mummy it's a **nowman.**" **Parent:** "Yes it's a big **snowman.**"

2. Be positive about your child and show interest in **what** they talk about instead of **how** they say each word. If over-corrected, a child loses confidence and may talk less or become embarrassed about the way they talk. The more confident and talkative a child is, the more they will be practising and improving their talking skills.

How Children Begin to Learn to Read

1. Hearing stories and seeing others read



2. Talking about the pictures in books



3. Joining in repeated phrases in a favourite book



"The wolf huffed and he puffed and he blew the house down"

4. Distinguishing between pictures and words



5. Realising that words are read from left to right



6. Hearing rhymes and joining in with them as a book is read

"Humpty Dumpty sat on the wall
Humpty Dumpty had a great fall!"

7. Making up strings of rhyming words

Cat, sat, mat, hat

8. Hearing the initial sounds of words



9. Recognising letters from their name and matching to their sounds, then other letters

'T' 'o' and 'm' are in my name

10. Hearing the last sound in simple words e.g. the 't' in cat

11. Hearing the middle sound in simple words e.g. the 'a' in cat

12. Putting 2 then 3 sounds together to make a word

13. Children will also learn some familiar words by recognising the shape of the word, for example their own name, shop signs, brand names



How to read with children of any age

- Set aside some time
Find somewhere quiet without any distractions - turn off the TV/radio/computer.
- Ask your child to choose a book
Sharing books they have chosen shows you care what they think and that their opinion matters. This means they are more likely to engage with the book.
- Sit close together
Encourage your child to hold the book themselves and/or turn the pages.
- Point to the pictures
If there are illustrations, relate them to something your child knows. Ask them to describe the characters or situation or what will happen next. Encourage them to tell you the story by looking at the pictures.
- Encourage your child to talk about the book
Talking about the characters and their dilemmas helps children understand relationships and is an excellent way for you to get to know each other or discuss difficult issues. Give your child plenty of time to respond. Ask them what will happen next, how a character might be feeling, or how the book makes them feel.
- And lastly, above all - make it fun!
It doesn't matter how you read with a child, as long as you both enjoy the time together. Don't be afraid to use funny voices: children love this!