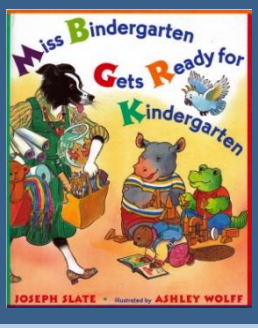
Parent Resource Centre
parentresource.ca

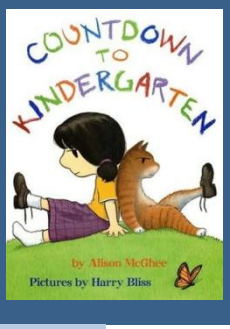
Fall E-Newsletter
Early Literacy

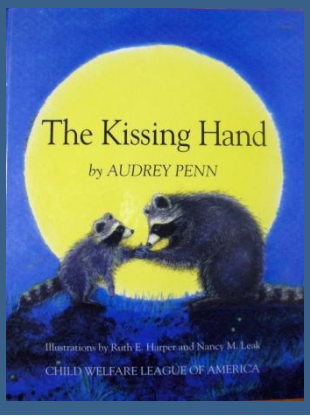
Read

Help your child get ready for their first day of school with a good book!

Check them out of your local library!







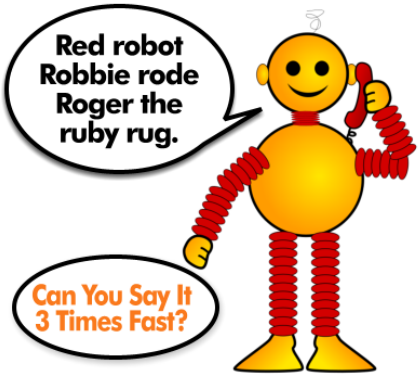
Play

Glue foam animal footprints on the bottom of some old flip flops. Go outside and make animal trails!

Click here for more information.

Sing

Tongue Twisters are a fun way to help your child develop language. Start off slowly then try and say it as fast as you can!



Write

It's never too early to start preparing your child to write!

Give your infant a basket filled with objects from around the house that have different textures and let your child explore!

Talk

Use simple questions instead of yes or no questions so that your child has an opportunity to use the words they know!

You: Do you want to eat a banana or some strawberries for snack today?

For more information, visit www.firstwords.ca

Find out how YOUR child is developing

ndds.ca
nipissing district developmental screen

A snapshot of your child's growth and development (0-6 years)
www.ottawa.ca/ndds

Nutri-eSTEP
Nutrition Screening Tool for Toddlers and Preschoolers

Nutrition screening tool for toddlers and preschoolers (18months-5 years)
www.ottawa/ca/NutriSTEP

Click here to check out story time for babies and toddlers at your local library branch.

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Is my Child 'Ready' for School?

Many of us try to prepare children for school by making sure they know the alphabet, can count to ten and can write their name. Although these skills are important, researchers are now talking about children's school readiness in a more holistic fashion, using the term developmental health at school entry.

Developmental health at school entry describes a child's preparedness for school in areas such as:

- ✓ **Physical health and well-being** (physical readiness for school day, physical independence, gross and fine motor skills
- ✓ **Social competence** (overall social competence, responsibility and respect, readiness to explore new things, approaches to learning)
- ✓ **Emotional maturity** (prosocial and helping behaviour, anxious and fearful behaviour, aggressive behaviour, hyperactivity and inattention)
- ✓ **Language and cognitive development** (basic literacy skills, advanced literacy skills, basic numeracy skills, interest in literacy/numeracy and memory)
- ✓ **Communication skills and general Knowledge**

For more information download a copy of the Developmental Health at School Entry report or read more here.

EBooks vs. Paper Books

Which should I use?

The Canadian Pediatric Society recommends zero screen time for children under 2 and limited screen time for children over the age of 2. They also recommend reading to your child from birth. But what about eBooks? Are they considered screen time or story time?

EBooks are engaging, educational and very popular with young children. However, some books may be *too* interactive and can hinder learning since the child is focused on pressing the buttons.

Research has shown that no matter which format you choose, reading together using the dialogic reading method (interacting during reading), will result in better understanding of the story and lead to more learning in general.

It is recommended to read to your child with paper books first so that they have the opportunity to learn about the physical concepts of a real book (holding it up, turning the pages, etc). As they get older and begin to show an interest in electronics, try reading some of their favorite titles with an eBook version. As a parent, you know your child best. Choose the format that works well for you and your child. **Happy reading!**