


# KINDERGARTEN ROUNDUP

Valley View Vikings

## Speech & Language Skills



### Kindergartener's should be able to:

- Follow directions, even if the object isn't present, such as "go get your shoes" 
- Ask and answer questions using 'who', 'what', 'where', and 'when'
- Use most speech sounds correctly (with a few exceptions~ r, l, and th)
- Retell a story
- Be understood by unfamiliar listeners
- Use 5-6 word sentences with correct grammar



As your child grows, their communication skills continue to develop. By four years of age, they should be using grammatically correct sentences (5-6 words in length) and most speech sounds should be correct.

They will continue to develop a larger vocabulary and increase the length and complexity of sentences as they get older.



### Speech Sound


### Development by Age

| 3 years old               | 4 years old | 5 years old | 6 years old | 7+ years old |
|---------------------------|-------------|-------------|-------------|--------------|
| P B M N W H<br>All vowels | T D K G F Y | S V KW -ING | Z SH CH WH  | L R TH       |

### Screen Time: Children need LAPS NOT APPS!

Screen overuse puts your child at risk for language disorders. Every 30 minutes of daily screen use increased risk of expressive speech delay in ages 6 months to 2 years by almost 50%. Screen overuse in children can mimic ADHD, speech-language impairment, social disorders, or autism. **If they see you overusing your phone, they will follow** and are missing out on essential language interaction. Screen time should NEVER interfere with sleep, exercise, daily or living activities.

### Suggested screen time according to American Academy of Pediatrics:



Under 18 months: NO screen time other than occasional video chatting. 

2-5 years: No more than 1 hour high quality programming per day, watch with your child.

5-18 years: **Less than 2 hours per day.** Set consistent limits on carefully chosen media



### What can you do to help?

- Read with them every day! 
- Monitor/reduce screen time
- Talk with your child about their thoughts, feelings, & ideas
- Let them make up stories, or make up stories with them
- Have them watch your face, lips, & tongue as you form words 
- Prolong sounds that they have difficulty with (example: where is your "s-s-s-s-sock")
- Be a good speech model. No baby talk!
- Ask them questions to stimulate more thoughts and language.

