

## HELPING WITH READING AT HOME

Many parents ask what they can do at home to help their child be successful at school. The single most important thing that you can do to help your child become a skilled reader is to read with your child on a regular basis. Reading aloud to children is important, even if they are able to read on their own. When you read to your child, you are modeling good reading. Taking the time to discuss what you've read also enhances your child's vocabulary and comprehension skills. Below you will find some other suggestions for working on specific reading skills at home. Remember, you are your child's first teacher. Communicate with your child's teacher throughout the year to see what you can do at home.

### **Vocabulary/Language/Comprehension**

- Talk to your child about the day's events every night.
- Help your child learn new words by elaborating on what he/she says (For example---If your child says "That's a big dog", you can reply "He is huge, enormous or gigantic", etc.)
- Read books that introduce new words/concepts to your child and use those words when speaking to your child.
- When reading a book, stop now and then and talk about the meaning of the book. Allow your child to make predictions about what might happen next or to make connections to his/her own life. Ask him questions to get him thinking about the characters in a fiction story or the information presented in a nonfiction story.

### **Letters of the Alphabet**

- Use alphabet cards (with letters and pictures)
- Point out letters around you (labels, newspapers, magazines and signs)
- Read alphabet books.
- Encourage writing for different purposes (write a letter, a note, a story, etc.)

### **Sounds/Phonics**

- Talk about beginning, ending and middle sounds in words.
- Read rhyming books.

- Read nursery rhymes or poems or sing songs.
- Listen for words that begin or end the same.
- Write words on paper and cut the letter apart...have your child put them in the correct order to spell the word (Magnetic letters can also be used for this).
- Dictate simple words or sentences to your child and have him write them (Dry erase boards make this a fun activity).

### **Oral Reading Fluency**

- Read aloud to your child to model fluent reading.
- Work on learning the Dolch 220 sight words—the more automatic these are for your child, the more fluently he will read. Write the words on index cards and flash to your child. (3 seconds per word is a good rule of thumb).
- Have your child read to you. These should be books that are on his/her grade level so that skills being taught are being reinforced.
- Have your child re-read books to increase fluency. Reading the same book or page over and over again is great for fluency building.
- Time your child reading a passage or short book to see if he/she can improve the number of words per minute he/she is reading.

Goals for each grade level are:

By the end of 1<sup>st</sup> grade—60 words per minute

By the end of 2<sup>nd</sup> grade—90 words per minute

By the end of 3<sup>rd</sup> grade—120 words per minute

## Dolch Sight Words 1-50

a	jump	here
and	it	I
be	is	at
away	in	he
big	red	like
all	run	ran
black	said	you
blue	see	eat
can	the	no
come	three	so
down	to	little
find	two	help
play	up	
one	we	
not	where	
my	yellow	
me	for	
make	funny	
look	go	

## Dolch Sight Words 51-100

have	on	let
good	now	into
get	new	by
four	must	going
do	yes	his
did	with	soon
came	will	this
but	who	they
brown	white	there
ate	what	that
are	went	
am	well	
she	was	
say	want	
saw	under	
ride	too	
pretty	an	
please	as	
out	fly	
our	had	

## Dolch Sight Words 101-150

give	how	us
from	him	over
every	her	made
could	has	read
ask	when	sleep
any	were	cold
again	walk	green
after	think	or
been	then	sing
call	them	tell
first	thank	
five	take	
open	stop	
once	some	
old	round	
of	put	
may	gave	
live	its	
know	pull	
just	sit	

## Dolch Sight Words 151-220

fast	those	light	never
don't	their	keep	long
does	far	hot	kind
buy	drink	warm	hurt
both	your	today	grow
best	write	six	together
before	would	seven	start
because	work	cut	shall
around	wish	bring	own
always	which	only	small
full	very	much	
eight	upon	laugh	
right	these	if	
off	got	hold	
many	fall	try	
goes	draw	ten	
found	done	show	
why	carry	pick	
wash	about	clean	
use	myself	better	

## 95 Most Commonly Used Nouns

apple	baby	back	ball
bear	bed	bell	bird
birthday	boat	box	boy
bread	brother	cake	car
cat	chair	chicken	children
Christmas	coat	corn	cow
day	dog	doll	door
duck	egg	eye	farm
farmer	father	feet	fire
fish	floor	flower	game
garden	girl	good-bye	grass
ground	hand	head	hill
home	horse	house	kitty
leg	letter	man	men
milk	money	morning	mother
name	nest	night	paper
party	picture	pig	rabbit
rain	ring	robin	Santa Claus
school	seed	sheep	shoe
sister	snow	song	squirrel
stick	street	sun	table
thing	time	top	toy
tree	watch	water	way
wind	window	wood	

## Top Ten Ways to Help Your Kids Do Well in Math

Mastering mathematics is absolutely essential for future opportunities in school and careers. Your children will need to reach a certain level of competency in math to take many advanced high-school courses, to be admitted to college, and to have a wide variety of career choices. Here's how you can help them maximize their math-smarts.

- Make sure your children understand mathematical concepts. Otherwise, math becomes a meaningless mental exercise of just memorizing rules and doing rote drills. Have your children manipulate objects to figure out basic concepts. For addition, they could add one, two, or more blocks to a pile of blocks and then tell you how many blocks are in the pile.
- Help them master the basic facts. Mastery of a basic fact means that children can give an answer in less than three seconds. Considerable drill is required for children to give quick responses. Use flash cards to help your children learn the basic facts. When they don't know an answer, have them lay out objects to solve the problem.
- Teach them to write their numbers neatly. Twenty-five percent of all errors in solving math problems can be traced back to sloppy number writing. Improve your children's number-writing skills by having them trace over numbers that you have written. Suggest they use graph paper to keep the numbers in problems neatly aligned.
- Provide help immediately when your children need it. Math is one subject in which everything builds upon what has been previously learned. For example, a failure to understand the concept of percent leads to problems with decimals. If your child is having difficulty with a concept and you need help determining ways to help at home, call your child's teacher as soon as possible.
- Show them how to handle their math homework. Doing math homework reinforces the skills your children are learning in class. Teach them to begin every assignment by studying the textbook or worksheet examples. Then have them redo the examples before beginning the assignment to make sure they understand the lesson.
- Encourage your children to do more than the assigned problems. Considerable practice is necessary for your children to hone their math skills. If the teacher only assigns the even problems, having them do some of the odd ones will strengthen their skills. The more time your children spend practicing their skills, the sooner they will develop confidence in their abilities.



- Explain how to solve word problems. Mathematicians have an expression: To learn to solve problems, you must solve problems. Teach your children to read a word problem several times. Also, have them draw a picture or diagram to describe it. Make it easier for them to understand the steps in a problem by teaching them to substitute smaller numbers for larger ones.
- Help your children learn the vocabulary of mathematics. They will never get a real feeling for math nor learn more advanced concepts without an understanding of its vocabulary. Check that your children can define new terms. If not, have them use models and simple problems to show you they understand how the term is used.
- Teach them how to do math "in their head." One of the major ways to solve problems is by using mental math. Kids should use this method frequently instead of using pencil and paper or a calculator. When helping your children with a problem, help them determine when it would be appropriate to use mental math.
- Make mathematics part of your children's daily life. Mathematics will become more meaningful when your kids see how important it is in so many real-life situations. Encourage them to use math in practical ways. For example, ask them to space new plants a certain distance apart, double a recipe, and pay bills in stores.

<http://school.familyeducation.com/mathematics/parenting/38812.html?wtIAC=FE>  
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