

Supporting Language & Literacy

7 Years: Supporting Fluency

Being able to read text accurately, at an appropriate pace, and with expression is called *fluency*. As with any skill, increasing fluency takes time and practice.

Tips & Activities



Play Games: *Initial Sounds*
Say a word and stretch it out. Ask what sound they hear first. Reinforce the sound with other words that begin with the same letter and sound. For example: Hat → “Hhh aaa ttt.”

Encourage your child to add inflection & emphasis as they read aloud.



Encourage your child to read aloud slowly, loudly and clearly.



Let your child practice reading books that are *slightly* challenging. They should still be able to recognize 90% of the words without any help.



Have your child reread their favorite book or passages out loud

Common Language Milestones



- Knows & applies relationship between sounds & letters to decode grade-level words
- Describes the overall structure of a story—from beginning to middle to end
- Begins to read with accuracy, appropriate speed, and expression
- Tells stories or experiences with details while speaking clearly
- Participates in conversations & keeps on the main topic

Early Detection *is* Intervention

Your child is always learning! As a caregiver, you have an amazing opportunity to guide them on a path to success.

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If you notice your child is having difficulties with a certain skill, isn't meeting multiple milestones, or if something just doesn't feel quite right, **talk with your child's healthcare provider.**

Tips to set you and your child up for success when speaking with their healthcare provider:

Keep
a journal

Write down things that you notice your child doing, or not doing, that cause reason for concern.

Use your
resources

Explore the websites listed below to find milestone checklists, a list of early warning signs, videos, and more.

Trust
your
instincts

You know your child best and you are their best advocate. Don't be afraid to speak up.

Additional Resources

[Harvard University: Center on the Developing Child](#)

[The Lexile Framework for Reading](#)

[Sesame Workshop](#)

[Pathways: Communication](#)

[Reading Rockets](#)