

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



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

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



Have your child reread their favorite book or passages out loud



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

Play Games: Initial Sounds

Say a word and stretch out the sounds. Ask what sound they hear first. Then, reinforce the sound with other words that begin with the same letter and sound. For example: Hat → “Hhh aaa ttt” → “Hhh” → “Horse”



Common Language Milestones

Knows and applies the relationship between sounds and letters to figure out 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 and 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! 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 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

[Pathways: Communication](#)

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

[Cox Campus](#)

[The Basics](#)

[CDC Milestones](#)