



Speech and Language Therapy & Occupational Therapy

Top Tips! For 3rd and 4th class

Play

- Give your child lots of opportunities to play games with rules, *e.g. Snakes and Ladders, card games, bingo, etc.*
- Play language games which focus on literacy, *e.g. Scrabble, word-searches.*
- Support your child to engage in outdoor play, *e.g. garden games, skating, roller blading etc.*

Attention and Listening

- Call your child's name to make sure he/she is listening.
- Keep instructions short and simple.
- Break up longer instructions into shorter 'chunks'.
- Support spoken information with visuals *e.g. gestures, pointing.*
- Encourage your child to recognise what they didn't understand *e.g. "can you say it again, please?"*.

Language

- Encourage your child to explore the world around them, *e.g.*
 - I wonder which one is the heaviest?
- Encourage your child to describe events that have happened, *e.g.*
 - What did you do before drama?
- Encourage your child to sort and categorise, *e.g.*
 - Name all the items you can think of from a bakery.
- Encourage your child to think about why we do certain things, *e.g.*
 - Why do you wear gloves in winter? Why do we put petrol in the car?
- Encourage your child to think about time and use different tenses, *e.g.*
 - What will you do when you go upstairs?
 - What did you do in the garden?
- Support your child to label emotions, *e.g.*
 - Cross – angry - furious
 - Sleepy – tired - exhausted
- Explain the meaning of words, especially new subject words.
- Encourage your child to give reasons for decisions.
- Encourage your child to express opinions and justify them.
- Set aside 10-15 minutes each day to talk about what happened that day.



Screen Time

- Swap screen time for games you played when you were a child.
- Make bedrooms a 'screen-free zone' so remove TVs, computers and all devices.
- Set routine limits with your child(ren) on the amount and type of daily screen time.
- Children like to copy what others do so if you're spending a lot of time on devices or screens, chances are they will want to do that too.
- Have screen-free times as a family. Turn off the TV and devices while eating meals and maybe set other times as screen-free times that suit your family.

Gross Motor Skills

- Aim for at least 1 hour of moderate to vigorous physical activity every day.
- Include walking /cycling where possible extra to this hour.
- The practice and repetition of skills that the child is motivated to develop should be facilitated and supported by the parent/caregiver.

Handwriting



- Make sure that the table and chairs are at the appropriate height for your child's size.
- Your child must be seated with their feet on the floor or on an appropriate support (e.g. stool, footrest).
- The table height should be slightly higher than your child's bent elbow position.
- If your child is having difficulty managing longer pieces of writing due to fatigue try fine motor strengthening activities, for example, Theraputty.
- For a left-handed child, position the paper to a slight angle to the left. It may be useful to place a tape on the table to outline where it should be positioned until the child gets used to it.

Literacy



- Encourage your child to practice writing by helping with a shopping list, a recipe, or a book review.
- Encourage your child to read each night.
- Support your child to develop their computer literacy skills (e.g. an internet search to help find information for a school project).
- Encourage your child to use writing for a variety of reasons, e.g. writing lists; writing a postcard; completing a film review).