# Top Vibe

Online KIDS Magazine

August Issue 25
2020



**When and How to Say No to Kids** page 8

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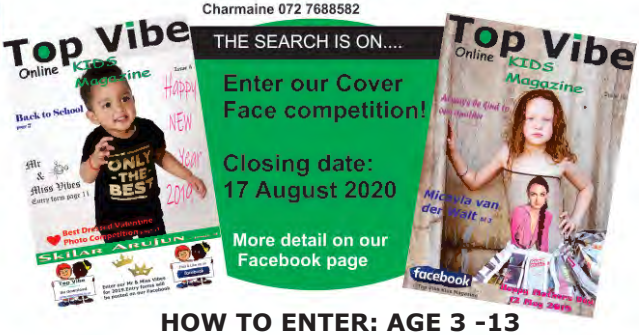


# Nota van die Redakteurs

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# How to Teach Kids to Read: 10 Simple Steps to Try at Home



Most people don't think about the process of learning to read until they decide to start teaching their own children at home.

Contrary to what some people believe, learning to read is not a 'natural' process that happens all on its own. It's a complex one that requires the proper teaching of various skills and strategies, such as phonics (knowing the relationship between letters and sounds) and phonemic awareness.

The good news is that although reading itself is a complex process, the steps taken in order to build these skills are fairly simple and straightforward. In order to teach kids how to read and make it a positive and rewarding experience, try these simple and time-tested strategies below.

Here are 10 simple steps to teach your child to read at home:

1. Use songs and nursery rhymes to build phonemic awareness
Children's songs and nursery rhymes aren't just a lot of fun—the rhyme and rhythm help kids to hear the sounds and syllables in words, which helps them learn to read. A good way to build phonemic awareness (one of the most important skills in learning to read) is to clap rhythmically together and recite songs in unison. This playful and bonding activity is a fantastic way for kids to implicitly develop the literacy skills that will set them up for reading success.

2. Make simple word cards at home
Cut out simple cards and write a word containing three sounds on each one

3. Engage your child in a print-rich environment.
Create daily opportunities to build your child's reading skills by creating a print-rich environment at home. Seeing printed words (on posters, charts, books, labels etc.) enables children to see and apply connections between sounds and letter symbols. When you're out and about, point out letters on posters, billboards and signs. In time you can model sounding out the letters to make words. Focus on the first letter in words. Ask your child "What sound is that letter?" "What other word starts with that sound?" "What word rhymes with that word?"

4. Play word games at home or in the car.
Building on from the previous step, introduce simple word games on a regular basis. Focus on playing games that encourage your child to listen, identify and manipulate the sounds in words. For example, start by asking questions like "What sound does the word start with?" "What sound does the word end with?" "What words start with the sound?" and "What word rhymes with. ?".

5. Understand the core skills involved in teaching kids to read
It's important to remember that learning to read involves various different skills. There are five essential components of reading that you can

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# How to Teach Kids to Read: 10 Simple Steps to Try at Home. - part 2

**6.** Play with letter magnets
Middle vowel sounds can be tricky for some children, which is why this activity can be so helpful. Prepare letter magnets on the fridge and pull the vowels to one side (a, e, i, o, u). Say a CVC word (consonant-vowel-consonant), for example 'cat', and ask your child to spell it using the magnets. To help them, say each vowel sound aloud (/ayh/, /eh/, /ih/, /awe/, /uh/) while pointing at its letter, and ask your child which one makes a sound similar to the middle sound.

**7**. Harness the power of technology to keep your child engaged.
Learning to read should be an enjoyable process in order to keep kids motivated to improve. Sometimes a child might be full of excitement and eagerness to learn at the beginning, but once they hit a wall can feel overwhelmed and give up easily. As a parent, it can feel impossible to pick up again and know where to fill in any gaps that may be causing frustration.

Reading Eggs uses self-paced lessons that match each individual child's ability. Children are regularly rewarded for completing activities and reaching new levels, which keeps them motivated to stay on track. Parents can also view instant progress reports to see how a child's skills are improving.

**8.** Read together on a daily basis and ask questions about the book
A lot of people don't realise just how many skills can be picked up through the simple act of reading to a child. Not only are you showing them how to sound out words, you're also building key comprehension skills.

Strengthen your child's comprehension skills by asking questions while reading. For younger children, encourage them to engage with the pictures (e.g. "Do you see the boat? What colour is the cat?"). For older children, ask questions about what you've just read, like "Why do you think the little bird was afraid?" "When did Sophie realise she had special powers?"

**9.** Play games to memorise high-frequency sight words every day
how to teach kids sight words
Reading Eggs makes it easy for children to learn and memorise sight words through interactive activities and repetition. Free trial.

Sight words are ones that cannot be easily sounded out and need to be recognised on sight. High-frequency sight words are ones that occur very often in reading and writing (e.g. you, I, we, am, had, and, to, the, have, they, where, was, does).
The strategy for learning sight words is, "See the word, say the word".

**10.** Be patient; the best way to teach kids to read is to make it fun!
Every child learns at his or her own pace, so always remember the single most important thing you can do is to make it enjoyable. By reading regularly, mixing things up with the activities you choose, and letting your child pick out their own books occasionally, you'll instil an early love of reading and give them the best chance at reading success in no time.

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## *When and How to Say No to Kids*

***Six situations when you need to say no to your child.***




1) Say no when their actions might hurt someone or break something

Preventing harm is the number one reason to say no. Children may have trouble anticipating bad outcomes, so they need adult guidance to help them make sensible choices. This kind of no helps kids learn to think ahead.
Offering an alternative can redirect kids toward safer activities. Example: "No, you can't jump on the couch. Someone could get hurt on the sharp table, or the couch might break. If you want to jump around, please go outside."

2) Say no when they could do it on their own

Sometimes kids ask parents to do things for them that they could do on their own. While there's nothing wrong with an occasional favor from a parent, children need practice to become competent and to see themselves as contributing in positive ways to the family. This kind of no helps kids learn to be capable.
Offer training or support, if needed, but encourage your child to own the responsibility. Example: "No, it's your turn to set the table. Do you remember how to do it? I'll do one place as an example that you can copy."

3) Say no when it's a want, not a need
We're constantly bombarded with ads but buying everything that appeals isn't healthy or wise. While an occasional just-because treat can be fun, you certainly shouldn't feel obligated to buy everything that strikes your child's fancy. This kind of no helps children learn to tolerate disappointment and recognize that they can like something without owning it.
You can acknowledge your child's wish while not giving in to buying an unneeded item. Example: "No, we're not going to buy it, but I can see why you like it! It's very shiny."

4) Say no when plans change

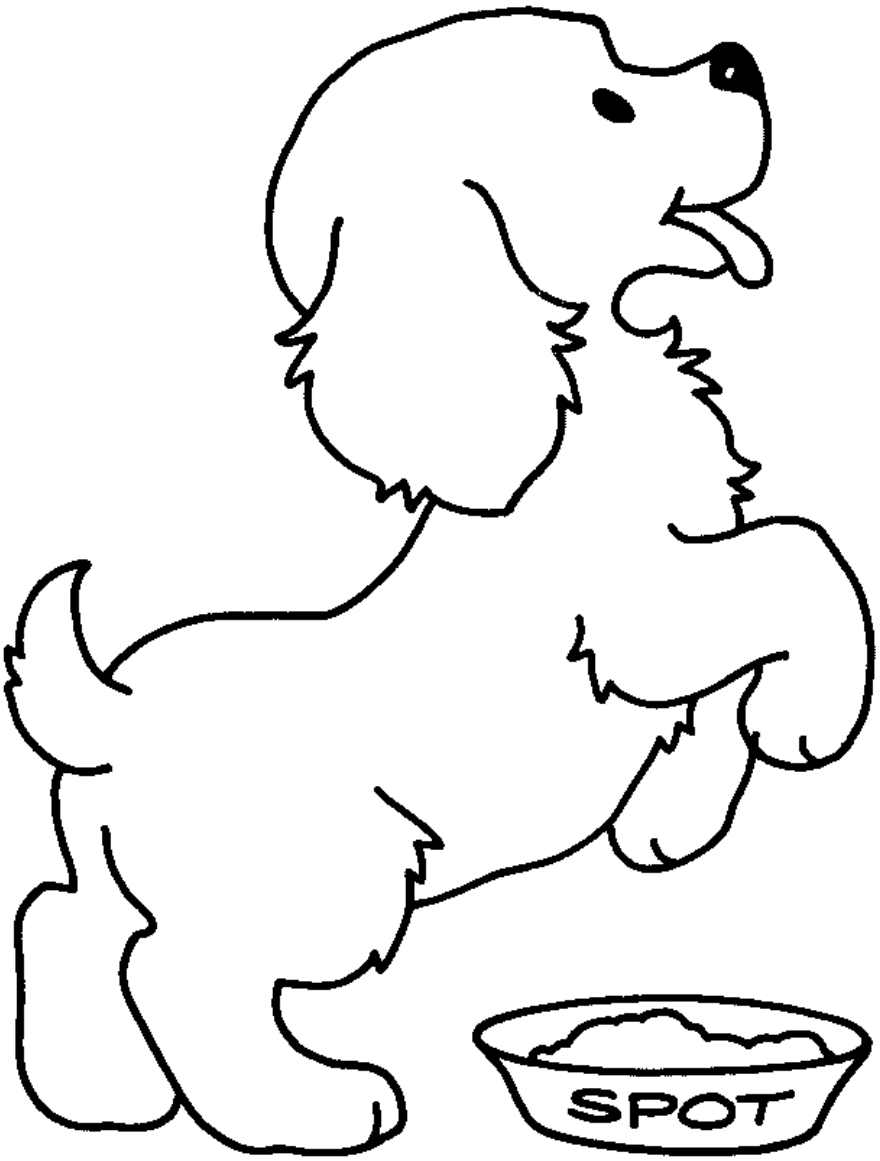
Life happens. Even when we intend to do something our children want, sometimes circumstances get in the way. This kind of no helps children learn patience and flexibility. Making a specific new plan can help your child cope with the delay. Example: "No, we can't do that tonight. I was hoping we could, but then Aunt Margaret came by, and now it's too close to bedtime. Let's make a plan to do it tomorrow. Do you want to do it in the morning or the afternoon?"

5) Say no when someone else's needs (temporarily) matter more
Kids are naturally self-centered, but considering someone else's needs enables them move past that. This kind of no helps children learn generosity.
Painting a vivid picture of the other person's feelings makes it easier for kids to embrace kind choices. Example: "No, you can't go with your friends on Saturday. It sounds fun, but we have Grandma's birthday party. We love Grandma so we want to make sure she has a good time on her birthday. I know she's looking forward to spending time with you. She would feel hurt if you didn't come."

6) Say no when you'll resent doing something

Resentment is poison in any relationship. It's usually better not to do something than to do it with bitterness and anger. This kind of no helps children learn about healthy boundaries or compromise.
You may be able to suggest a more do-able alternative to make your no easier for your child to accept. Example: "No, you can't sign up for travel soccer because I don't want to spend all day Saturday driving to far-away games. Saturday is our family time. I'd be happy to sign you up for the local team, which is less of a commitment for parents."

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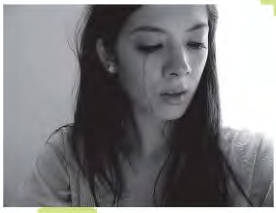
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