

Where do I Begin - Helping My Child?

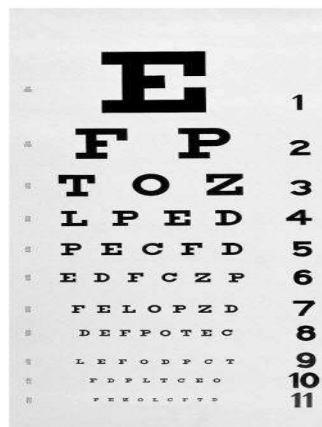
If you are concerned about your child's reading, here are some steps that you might want to take prior to addressing the reading problem.

1. Make an appointment with your child's pediatrician for a **complete physical examination** to rule out any medical issues.



2. Arrange for a **complete eye examination**. The Canadian Association of Optometrists recommends that children have their first eye exam at 6 months of age, then again at the ages three and five -when they are ready to begin school - and then regularly while they are in school!

Your child can still have vision problems even if they have 20/20 vision. For more information, go to www.optometrists.ab.ca.



3. Meet with your child's teacher, and work together to assist your child.

Once medical issues have been ruled out the following might be beneficial:

- talk with your child, your child can attain valuable background knowledge about a variety of topics just through talking and listening
- read to your child every day, no matter how old they are
- visit the library, they have the latest books - books for all interest and ability levels and membership for children under 18 is FREE! For more information, go to www.epl.ca
- be a good role model for your child; children like to emulate their parents
- read in a quiet and comfortable spot away from distractions - devote at least 15 minutes per night of quality uninterrupted time
- make reading enjoyable not stressful, for both of you
- be positive and give lots of praise