

*How to Help Your  
Child Read at Home  
Like a Rockstar*

THE ULTIMATE READING STRATEGY GUIDE  
WITH SELF CARE BONUS (BECAUSE WE ALL  
KNOW PARENTING CAN BE HARD) !

SHELLY GOUDREAU



# Welcome

Hi there!

Thank you for requesting my strategy guides to help guide your child at home, If you are receiving this, I know you are invested in your child's success. Kudos to you!! I am thrilled I can be of support.

I understand what it's like to be a mom wanting the best for your child. I am a mama too. In fact, I am a blessed mama of three. I hear you, I feel you. We want the best for our kids. Being a mom can be hard and kids certainly do not come with directions. I am here to help you.

- You want the best for your child.
- You want your child to be a confident reader.
- You want to help when you see your child struggling.
- You want to know what to do.
- You want to foster overall success and see your child shine.

If you have any further questions or are looking for something else, please reach out. I am here to help empower you and your child.

Shelly Goudreau

*Creator | CEO of Sounding Out Solutions*



# Hello!

THE ULTIMATE  
STRATEGY  
GUIDE IS NOW  
IN YOUR  
HANDS....



## INCLUDES:

**01** HELP! HOW DO I PREP  
MY CHILD FOR  
KINDERGARTEN?

*This is the perfect guide to get you started.*

**03** HELP! HOW DO I CHOOSE  
A BOOK THAT IS JUST  
RIGHT FOR MY CHILD?

*If you have not learned about the 5 finger Strategy you will love that it is one that can be taken everywhere.*

**05** HELP! WHAT DO I DO  
AFTER READING?

*Are you looking for an easy guide of questions you can ask your reader to target reading comprehension? If so, you will love these.*

**07** BONUS: 5 KEY IDEAS  
OF READING DEFINED

*Have you ever secretly wondered what those words the teacher said meant? Use this as a cheat sheet.*

**02** HELP! MY CHILD IS  
STUCK ON A WORD.

*This is the guide you need when your child looks at you to read a word to them and you are not sure if you should read it or not. Try these first....*

**04** HELP! MY CHILD SOUNDS  
LIKE A ROBOT.

*Is. Your. Child. Reading. Like. This?  
These are some strategies that can help.*

**06** HELP! HOW DO I BUILD  
MY CHILD'S CONFIDENCE?

*Looking for strategies to build into everyday reading. This one is for you.*

**08** BONUS: PARENT SELF-  
CARE CHECKLIST

*Do you find yourself getting frustrated while trying to help your child? If so, you will benefit from this. Be sure not to just read these but implement them.*

# HELP!

## HOW DO I GET MY CHILD READY FOR KINDERGARTEN?

### LETTER KNOWLEDGE

- Recognize capital letters (ex. Your child can point to letter G if you ask).
- Identify lower case letters.
- Say the Alphabet

### Print Awareness

- Holds book correctly (Cover face up & bind to the left)  
Points to the title.
- Shows you where to start reading.
- Shows you the direction to read-  
left to right & return sweep to next  
line.
- Points to the beginning and  
end of a sentence.
- Points to a period.

### *Parent Tip:*

- Keep in mind your child is learning. It will take repeated practice and time to master some of these skills.
- Embed activities through play to keep them fun!
- Remember to just try 1-2 at a time to avoid overwhelm.

### Phonemic Awareness

- Rhyming: If you say "hat", your child can identify a word that rhymes.
- Isolates the first sound of a word (ex. /d/ in dog).
- Isolates the last sound of word (ex. /g/ in dog).
- Blends sounds you say orally to create a word (ex. you say h-a-t.  
Your child blends to say "hat".)

# HELP! MY CHILD IS STUCK ON A WORD!

DON'T GUESS. TRY A STRATEGY.

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Find the first letter of the word. What sound?



Tap each sound in the word and then BLEND sounds together to read the word.



If word does not sound right or make sense:

- Flip the vowel sound. Try the short sound or the long sound.
- Look for patterns. Did you keep digraphs together (sh, th, ch, ck, wh, ph)?
- Look for word patterns or small parts: at, am, an , er, etc.

Go back and reread your word in the sentence.



- Does it LOOK RIGHT?
- Does it SOUND RIGHT?
- Does it MAKE SENSE?

Is it a longer word?



- If yes, break word into little parts. Segment the word into smaller words, sounds and syllables. Take the -s, ed, -ing off to find base word then add back on after sounding. (Remember each BIG word is made up of little parts)

# HELP! HOW DO I TEACH MY CHILD TO FIND A A BOOK THAT IS A GOOD FIT?



## THE 5 FINGER RULE



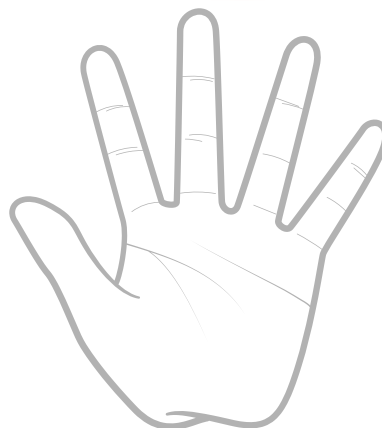
1. HAVE YOUR CHILD CHOOSE A BOOK THEY THINK THEY WILL ENJOY.

2. ASK YOUR CHILD TO OPEN THE BOOK TO A PAGE.

3. HOLD A FINGER UP FOR EACH WORD YOUR CHILD IS NOT SURE OF OR DOES NOT KNOW.

4. IF 5 FINGERS GO UP THEN CHOOSE ANOTHER BOOK.

5. NOT SURE....PICK ANOTHER PAGE AND TRY THE 5 FINGER RULE AGAIN.





# Help!

## My Child Reads Like a Robot!

### Strategies to Boost Fluency

1- Read aloud to provide a model of fluent reading.

2- Have your child listen to audio books and follow along.

3- Choral Reading

Parent reads text first so child is familiar with text and then parent and child read together. Poems & nursery rhymes are great for this!

4- Echo Reading

Parent points & reads word phrases/ sentences then child repeats.

5- Repeated Reading

Child practices rereading the same text until fluent. A fun way to monitor growth is to set a timer for 1 minute and color number of words read on a graph...your child will see number of words read in allotted time go up, up and up each time they read the same passage.

6- Sight word games and activities

The faster children recognize words, the faster they will read. See website for some sight word activity ideas.

# HELP!

## WHAT DO I DO AFTER READING?

### Questions to Boost Understanding of Text

#### Fiction

- Who are the main characters in the story?
- What is the problem in the story? How is the Problem solved?
- Why do you think \_\_\_\_\_ did \_\_\_\_\_?
- Where does this story take place? How do you know?
- Tell me a word that describes the character. Why do you think that?
- Would you like \_\_\_\_\_ as a friend? Why or why not?
- Why do you think the author gave the book this title? What could another title be?

#### Non-Fiction

- What was this book about?
- Tell me 3 facts you learned in this book.
- What is a new word you learned while reading?
- Describe 3 interesting facts you learned while reading.
- What questions do you have for the author after reading?
- What did you learn from the pictures and captions in this story?
- What are other text features the author uses in this book to help the reader? (table of contents, photographs, index, graphs, etc.)





# HELP! HOW DO I HELP BUILD MY CHILD'S CONFIDENCE WHEN READING?

1- Compliment what you see your child doing well while reading.  
Celebrate the little things.

For example:

I love how you looked at the picture to help you.  
I love how you tried to sound out that word. You are really good at that.  
I love how you reread that sentence. That is a great reading strategy.  
WOW! You did an amazing job reading that sentence/ page.  
You are becoming a better and better reader each day.



2- Don't push your child and stay positive. Sometimes, your child may be tired and/or may really be struggling. Simple say the word or sentence for them.

For example:

That's a hard word. I'll read it then let's read the sentence together.  
You've been working hard. I'll take a turn to read to you.



4- Suggest that your child read to a pet, younger sibling or stuffed animal. These are non-judgemental listeners that will just sit and listen. Let your child "read" confidently any way he/she would like, whether it is reading words, reading pictures or making up the entire story. All are perfectly acceptable.



3- Give your child alone time to read alone with books without worrying about levels or getting it all right. A love of books is developed by looking at pictures and using one's imagination. Sometimes it's great to "just be".

*Bonus*

# 5 KEY IDEAS OF READING

*Defined*

## PHONEMIC AWARENESS

*Phonemic Awareness is the ability to hear and manipulate the individual sounds in words. The first step in learning to read is being able to identify the individual sounds or phonemes in words.*

## PHONICS

*Phonics is the connection between written letters and speech sounds. The combinations of the letter symbols and sounds create words. Without phonics, words would be just be lines, shapes and squiggles on a page.*

## VOCABULARY

*Vocabulary refers to word meanings. Oral vocabulary refers to words used when speaking. Reading vocabulary refers to words in print.*

## FLUENCY

*Fluency is the ability to read text aloud smoothly and automatically with accuracy, speed and proper expression with attention to punctuation. There is a strong correlation between a student's ability to read fluently and the ability to comprehend text.*

## READING COMPREHENSION

*Reading comprehension refers to understanding what a text is about. It is more than understanding isolated words but reading sentences and interpreting information from text.*

*Bonus*  
**PARENT SELF-CARE**

*Checklist*

Why did I add this?

Parenting can be hard. We must practice self-care to best show up for our kids. These are my behind the scenes musts to be on my game.

1

Get your blood pumping. Workout at least 30 minutes a day to feel refreshed and for overall good health. It will also increase energy.

2

Take advantage of early mornings. Get up at least 30 minutes before kids for stillness, filling up your cup & quiet doing whatever you wish. One hour is even better. It may be hard at first but you will learn to LOVE it.

3

Drink water- at least half your body weight in ounces. It will flush out toxins and help your skin glow. It's also FREE!

4

Practice gratitude. Every. Single. Day. Whether it is starting your day or before you go to bed. Identify at least 5 things you are grateful for. The more you do this the more blessings you see.

5

Rest. Just Stop. Our bodies are not meant to go at full capacity all.the.time. Reflect on what brings you *real* rest besides sleep and do it (even if its 15 minutes) each day. You deserve it.

# MOVING FORWARD

## ***Help! I have a question.***

No worries! I am here to help. I am only a click away. You can reach out to me anytime. You can reach me on my website or via my email address at [shellylynngoudreau@gmail.com](mailto:shellylynngoudreau@gmail.com)

## ***My child continues to struggle & I am struggling helping my child. I am looking for more resources.***

No one wants to see their child struggle. . I understand this completely. I am a mom too.

If your child continues to struggle, talk to your child's teacher to discuss your concerns. You may want to consider getting your child's eyes and hearing checked as well.

I also provide 1:1 consulting to help you take the guesswork out of addressing your child's needs and provide simple reading solutions and systems. I would be happy to schedule a discovery call with you.

## ***I'd love a personal Reading Specialist committed to helping me/ What are your qualifications?***

I am a certified Reading Specialist & Consultant with a M.ed. with an undergraduate degree in Elementary Education and Special Education. This is my 20th year. I also hold a Dyslexia Interventionist Certificate and am certified in the WILSON Reading System.

Prior to my 10 years as a certified Reading Specialist, Consultant and Coach, I was a Special Education Teacher for 10 years. Other accomplishments include Teacher of the Year Recognition in 2020 and children's yoga certification. I am a big believer in incorporating mindset and affirmations to move past limiting beliefs in all of my sessions.

*Click here to learn more about my background, services  
& online reading library: [www.ShellyGoudreau.com](http://www.ShellyGoudreau.com)*