



SHOUT SPEECH & LANGUAGE

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BLOG POST



AUGUST: BACK TO SCHOOL

Building the Foundation for a Successful School Year

It's that time of year again—time for children to return to school. The carefree days of playing, reading, vacations, and sleeping in slowly come to an end, and a new school year begins.

For many children, this transition brings a mix of emotions: excitement, nervousness, curiosity, and uncertainty. New teachers, new classmates, new classrooms, and new routines can feel overwhelming. The good news is there are simple ways to reduce stress while continuing to build language skills.

Nope—language building does not stop when school begins. We simply adjust how we build it.

Children don't build language by completing worksheets—they build language through conversations, routines, books, and play. Strong oral language supports reading, writing, problem-solving, social skills, and classroom success. This school year, focus on strengthening the foundation that supports all learning.

Here are simple ways to continue building language at home:

- Establish Routines
- Don't Stop Playing—Change Your Play
- Review Your Child's IEP
- Try incorporating:

Reading 15–20 minutes each day

Eating meals together and talking about your day

Scheduling family or one-on-one talk time

Planning for the next day together

- S.C.R.E.E.N. With Purpose

NOPE-
language building does not stop when school begins We simply adjust how we build it

A successful school year is built one conversation, one routine, and one connection at a time. The strongest learning foundations are created through everyday moments at home.

Read more on our Shout SLT **BLOG**



What is Shout SLT? Shout SLT is a pediatric private practice located in the South Metro Atlanta area that specializes in early language development, severe articulation delays and parent coaching

Want to learn how to facilitate language at home through everyday learning or need to walk into an IEP meeting with confidence? Join our community on instagram [@shout.sltherapy](https://www.instagram.com/shout.sltherapy) or FB @shout speech and language therapy

View our short course on:
What is an SLP



www.shoutsltherapy.com



[shout.sltherapy](https://www.instagram.com/shout.sltherapy)



[shoutsltherapy](https://www.youtube.com/shoutsltherapy)

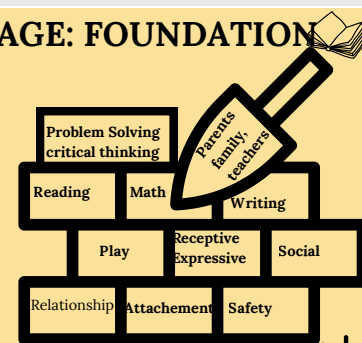


[SHOUT SPEECH & LANGUAGE THERAPY](https://www.facebook.com/shout.speech.and.language.therapy)

SPEECH & LANGUAGE: FOUNDATION

Children don't learn to read so they can build language. They build language first so they can learn to read. Strong language skills is the foundation for lifelong learning.

When the foundation is weak it often impacts academic skills requiring targeted support (therapy, support, accommodations) to reinforce & stabilize the foundation to build new skills.



AROUND THE IEP TABLE: TEAM

The beginning of the school year make sure to meet your child's IEP team. A team typically includes parent, teachers, service providers, school & district representatives. Introduce yourself and your child. After meeting your team review your child's IEP concentrating on goals and accommodations.

SCHEDULE AN IEP COACHING SESSION:

SCHEDULE

PLAY: DON'T STOP

Returning to school often means less time for play at home—but play remains one of the best ways to build language and learning. As children get older, the type of play simply changes. Try board games, card games, or turn homework into fun vocabulary, reading, or math games. Even preschoolers can enjoy age-appropriate board games while building communication, problem-solving, and social skills.

DAILY S.H.O.U.T!

S: Stimulate Language
H: Harness Opportunities
O: Optimize Interactions
U: Use what you have
T: Talk, Talk, Talk



IN THE NEWS:

Special education changes are creating new questions for school districts across the country as the federal government restructures oversight responsibilities for students with disabilities.

READ MORE

[How Fed Ed Changes Affect Schools](#)



AUGUST: SET ROUTINES

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ROUTINES, ROUTINES, ROUTINES



Everyday Learning:

Home Routines:

- Morning wake
- Brushing teeth
- Getting Dressed
- Eating meals
- Bath time
- Activity time
- Reading time
- Cleaning up
- Greetings

for School

- drop off goodbyes
- pickup and greetings
- arriving home
- time between home and bedtime

Repeat:

- The way you say things in routines
- The order you do things.
- Actions you pair with word.
- Songs
- Gestures
- reread books
- replay games

Language Builder: The Power of Routines

Routines are one of the most powerful—and often overlooked—tools for building language. Research consistently shows that children thrive when they know what to expect. Predictable daily routines create countless opportunities for children to hear, understand, and use language in meaningful ways.

Routines help children:

- Develop emotional regulation. Knowing what comes next helps children feel safe, secure, and confident, reducing stress and frustration.
- Build language skills. Repeating the same words and phrases during everyday activities strengthens memory, attention, vocabulary, and sentence development.
- Ease transitions. Predictable routines reduce anxiety because children know what to expect next.
- Create natural learning opportunities. Daily routines such as getting dressed, mealtime, bath time, grocery shopping, and bedtime provide repeated opportunities to introduce new vocabulary, ask questions, follow directions, and encourage conversation.
- Develop independence. Begin each routine by providing the support your child needs, then gradually reduce your help as they learn the steps on their own.
- Promote organization and problem-solving. Consistent routines help children understand sequences, develop self-help skills, and build confidence in completing everyday tasks.

Think about your own day. As adults, we often rely on routines to stay organized and productive. When an unexpected change disrupts our schedule, it can feel stressful or even chaotic. Children experience those same feelings—but because they are still developing language and emotional regulation, changes can be even more challenging. Establishing simple, consistent routines gives children the stability they need to learn, communicate, and thrive.

Language Builder Tip: You don't need a perfect schedule. Start with one or two consistent routines each day and use the same words, phrases, and expectations. Repetition is one of the best teachers!

Look here for areas to set routines. Don't forget to set:

ROUTINES, ROUTINES, ROUTINES



Facilitate LANGUAGE

Model:

your child will speak the way you speak.

Repeat:

repetition helps your child learn new skills

Describe:

explain what you are doing.

Read

make reading a daily routine

Play:

with your little one

Cook:

invite your little one to join you in the kitchen.

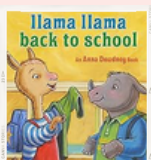


Books of the month

Back to School



The Pigeon Has to Go to School (YT video)



Llama Llama Back to School

Reminder, books can be checked out at the library or listened to on Youtube for FREE.

Amazon Affiliate Links where I earn a percentage are included.



Inside Activities

Create a schedule together



TIP:

- Start with big routines: Wake up, school, home, dinner, bedtime (younger age)
- Increase details: wake up, potty, brush teeth, wash face...(older)

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Outside Activities

Scavenger Hunt



VISIT SHOUT
ONLINE

