



# Arthur Stevenson Elementary

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KAMLOOPS, B.C.  
V2B 6Y7  
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Vice Principal: Mrs. Leah Clare

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## October 2025 Newsletter

Message from Ms. Farquhar:

Hello parents and guardians,

Thank you for all your support during startup this year. September was a wonderful time for us to reconnect and focus on our plans for the year ahead. Classes have been settled for some time already and students are engaged in valuable learning. In the areas of literacy and numeracy, staff are working on ways to improve instruction, student engagement, and the identification of students who have lagging skills (and implementing strategies to move learning forward). We will continue finding meaningful ways to bring our school motto of "You belong here!" to life. We are committed to continuing to model the importance of holding up indigenous cultures in high regard through initiatives such as our 7 Grandfather Teachings assemblies and cultural connections from the district's Indigenous education department.

In September, we enjoyed a PAC sponsored family barbecue, and students have already been enjoying organized school sports such as cross country running and the start of our volleyball try-out season. Parent volunteers have been particularly appreciated already this year. Several parents supported our very successful Terry Fox run last Friday. We ended September with a gathering for the National Day for Truth and Reconciliation (Orange shirt day). I encourage parents to take time to talk with their children about residential schools and the impact they have had on our communities. Lessons in all classes continued this pastweek regarding truth and reconciliation in an age and stage appropriate manner connected to grade curriculum.

As we prepare for October, please do consider getting your criminal records check updated at the office. By doing so, you can attend field trips, drive for sports teams or volunteer in other capacities. We are also benefiting so far this school year from some amazing student volunteer efforts, including lunch monitoring and office monitoring. Later this month, (October 16<sup>th</sup>) we will have an Earthquake drill and on November 7<sup>th</sup> there will be a Fire drill and on November 13<sup>th</sup> a Lockdown drill. We have two after school programs taking place this Fall. One is offered free of charge through the district for students in grades.3-5 and the other is a robotics workshop that is paid for by families. Both programs have generated a lot of excitement from our students. Teachers will connect with families at the end of October (up to early November) with an informal learning update that can occur in various formats (phone call, emailed update, parent teacher interview, or class open house). We look forward to those important conversations about supporting your child's academic and personal growth.

With gratitude,

Kirsten Farquhar (she/her)  
Proud Principal

Arthur Stevenson Elementary School – You Belong Here

### **School Fees:**

A reminder to parents that school fees are due. Payments can be made online through SchoolCash. Go to <https://sd73.schoolcashionline.com>. There is a new transaction fee attached to this service, so we do accept cash or cheque. School supply fees include everything a student needs for their education, including art supplies. If your family finds the fees a challenge at this time, please contact the Principal to discuss arrangements.

### **School Messenger/Safe Arrival:**

Parents are asked to report student absences before 8:30 am on the day of the absence. Planned absences can be reported in advance. To report an absence, you may choose to:

- Call the toll free # 1-844-350-2647 or
- Access the following website: <https://go.schoolmessenger.ca> or
- Download App from iTunes or Google Play



### **Appreciation Days:**

**October 2<sup>nd</sup>** was Custodian appreciation day. We recognized our wonderful custodians at the school, Ms. Spooner, Mr. Kelly and Ms. Seroun. All three staff members work tirelessly to maintain cleanliness at our school. Thank you!

**October 6<sup>th</sup>** is Teacher appreciation day. Admin will provide lunch for all staff for the Teacher's collaborated efforts in promoting the education of our students. The school will also show appreciation to our helpful CEAs on **January 14<sup>th</sup>** and **April 22<sup>nd</sup>** is Administrative Assistant appreciation day.

### **Parking:**

Parents and family members picking up students in vehicles should park on Soldier Road or on the east side of Bank Road (side opposite the school). The west side of Bank Road is a sidewalk and students need to walk there without having to navigate cars pulling in and out. This includes the area in front of gates. Additionally, the portion of our parking lot that goes behind the school (along north wall starting from behind the gym) is meant for staff parking only and is not for pedestrians except for the discrete times of the day when students are lined up and waiting for their teacher (one class only). Please respect designated stalls for persons with mobility issues who need to access to the building.

### **Visitors at school:**

We love seeing parents at school! Please know that it is the duty of school staff to be aware of any visitor to our school, the purpose of their visit, and the extent of the interactions with our students. And so, we kindly remind parents that any time enter the school premises you must sign in at the office. We will assist you from there.

### **School Sports and Clubs:**

- **Cross Country:**

The next Cross Country run is **October 8<sup>th</sup> at Centennial Park.**

- **Volleyball:** Volleyball has started for both boys and girls.

### **Toys at School:**

Please discourage your children from bringing toys to school (and bringing them outside for recess/lunch.) If there are more items needed for students to engage in preferred activities outdoors, the school is committed to provide these options. Often students personal items get lost or broken or are inappropriate for school use. We have soccer balls, bouncy balls, basketballs, spikeball, frisbees, writing paper and softball equipment (very soft equipment for obvious reasons considering our field is full of many students playing other sports.)

### **Lost & Found:**

The Lost & Found is starting to pile-up. Please label your child's jackets, hoodies, sweaters, etc. to help cut down on items in the lost and found and remind your children to check the Lost & Found. If you have a moment before or after school, please drop in and take a look!!



### **Photo Retakes:**

Photo Retakes will take place on Monday, October 20th. Class photos aren't until May.

### **Halloween:**



This year our school would like to give the opportunity to students to wear a Halloween costume on Friday Oct 31<sup>st</sup>. Please note the guidelines that need to be followed to ensure the experience is positive for everyone.

- No masks or inflatable costumes
- No accessories (weapons, fake or otherwise/wands/handheld items)
- No symbols/images/sayings/terms/offensive language etc that is derogatory to specific groups of people.
- No cultural appropriation (example taking an aspect of another culture - typically from a marginalized community and advertising it in a way that does not honour and/or promote respect for that culture.)
- Kindergarten/Grade 1s – please avoid onesie costumes as this creates issues with toileting.
- All costumes should reflect "G" rating (this includes characters from movies with other ratings).
- **Best Rule of Thumb: Keep it cute or wear orange and black 😊**

\*\*\*\*\*The school is not responsible for any damaged costumes\*\*\*\*\*

### **Upcoming Dates for this month:**

**October 8<sup>th</sup>:** PAC meeting

**October 13<sup>th</sup>:** Thanks Giving, no school.

**October 16<sup>th</sup>:** Earthquake drill

**October 24<sup>th</sup>:** Pro-D – no school.

### **P.A.C. – Parent Advisory Council:**

- The next P.A.C. meeting will be held on **October 8<sup>th</sup>** at 6:30pm.

### **Hot Lunch Orders:**

It's not too late to order hot lunches! Ordering is open for the whole year!



To sign up for Hot Lunches, go to **[munchalunch.com](http://munchalunch.com)** to register.

PAC Hot lunch email: [aseshotlunch@gmail.com](mailto:aseshotlunch@gmail.com)

PAC email: [ArthurStevenson.PAC@gmail.com](mailto:ArthurStevenson.PAC@gmail.com)

### **October Hot Lunch Dates:**

October 7<sup>th</sup> – Panago

October 14<sup>th</sup> – Spice of India

October 21<sup>st</sup> – White Spot

October 28<sup>th</sup> – Chopped Leaf

### **PAC fundraiser Art Cards:**

The artwork will be sent home soon. Please ensure that you return the artwork to the school for smooth ordering process.

### **Kindergarten:**

Please be reminded to complete the CHEQ survey. The deadline has been extended to October 31<sup>st</sup>.

### **Foundation Skills Assessments:**

Each year, students in Grades 4 and 7 across all public and provincially funded private schools in British Columbia take the Foundation Skills Assessment (FSA). This assessment measures skills in reading comprehension, writing, and numeracy, aligned with the Provincial curriculum. The results help guide improvement at the Provincial, District, and school levels.

The FSA is developed by the Ministry of Education with input from BC teachers and subject specialists, aligning with the curriculum and marked in relation to the provincial proficiency scale. The FSA offers a choice of literacy and numeracy themes, including engaging question formats.

The ***Student Learning Assessment Order (School Act, sections 81 and 168)*** provides the legislative authority that mandates administration of the FSA to **all** Grade 4 and Grade 7 students. **All students must write the FSA.**

Your child can expect to complete four components, including a paper-based literacy and numeracy task, as well as a literacy and numeracy online component. All written questions for the 2024 FSA will be scored at the district level by district teachers in November with student results released in early 2025. Arthur Stevenson will administer the FSA between October 1st to November 8th, 2024.

Further information can be found through the Ministry of Education Website (<http://www.bced.gov.bc.ca/assessment/fsa/info/welcome.htm>), or the supplementary Ministry of Education & Child Care Information sheet.

### **Message from Inclusive Education:**

We are happy to present October's Parent Engagement Session as follows:

**Wednesday, October 8, 2025 6:00 PM to 7:00 PM**

**Title: English Language Learners and Newcomer Families**

*Presented by District English Language Learners Resource Teachers from SD73 and Settlement Workers in Schools (SWIS) from Kamloops Immigrant Services*

Please join us as we share information with parents about schools in Kamloops for English Language Learners and newcomer families. Participants will learn about public education in our school district, including English language services for students who speak other languages, school expectations, grade placements, curriculum, and community support resources. This online session is open to all families with children in Grades K-12.

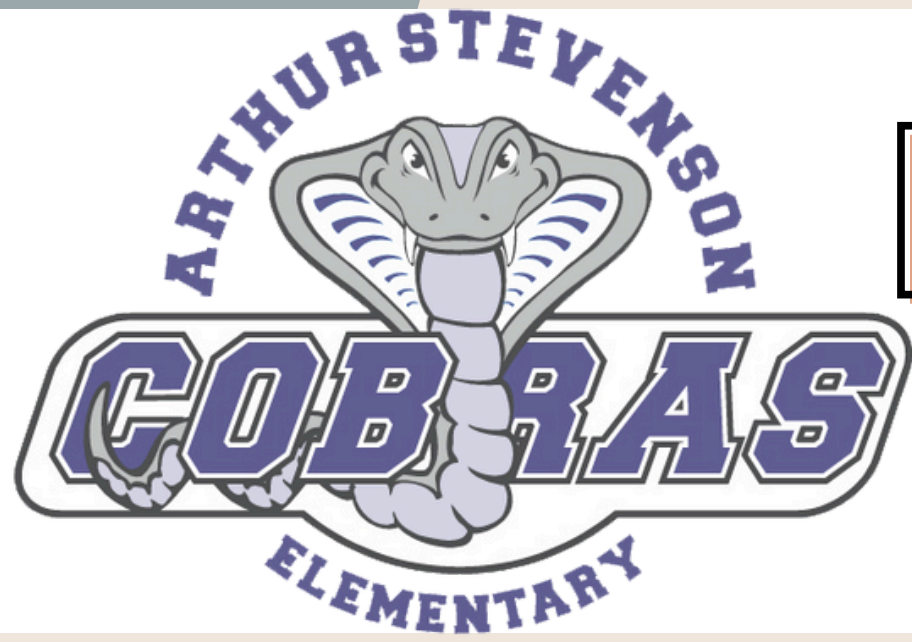
This information session will be held via Zoom on **Wednesday, October 8, 2025**, from **6:00 PM to 7:00 PM**. If you are interested in attending, please register in advance [here](#). A Zoom link will be provided upon registration.

For more information, please contact Clara Kong at [clara@kcris.ca](mailto:clara@kcris.ca) or Anna Ediger

### **Play Forever Youth Basketball and Leadership Camp**

In partnership with TRU and the BGC Club of Kamloops, Canadian charity, [Play Forever](#) is offering a fall youth basketball and leadership camp for Grades 6-9. Information to register can be found [here](#).





# PAC NEWSLETTER

October 2025

## Hot Lunch

Order 9 days prior on **munchalunch.com**

The PAC hot lunch email is Ashotlunch@gmail.com, please email if your child will be away that day and you want to pick up their lunch.

Donations are also welcome via this site.

### October Dates:

**Oct 7- Panago**

**Oct 14- Spice of India**

**Oct 21- White Spot**

**Oct 28- Chopped Leaf**



## Cobra Clothing

Online store is open until Oct 31st

<https://productionhabit.ca/cobras-web-store/>

At check out please ensure to add classroom teacher name for distribution by the end of November



## Contact Info

If you are interested in joining the PAC or want more info email:

arthurstevenson.pac@gmail.com

**Next Meeting October 8th**

**6:30pm in library**

**VOLUNTEERS  
NEEDED**

## Fundraisers

Mitchells Soup Fundraiser

Begins October 6th and closes November 7th.



**Order via QR Code**

Running Mabels Labels- at check out search Arthur Stevenson under the section **support a fundraiser**  
Mabelslabels.ca



mabel's labels

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• F O U N D R Y •

# A Bold Vision, A Lasting Impact.

Creating a healthy future for young  
people across British Columbia



# The urgent need for early intervention.



Young people currently face unprecedented challenges to their wellness.

In Canada, 1 in 4 young people ages 15 to 24 report experiencing mental ill health or substance misuse – more than any other age group. Over 80% of problematic substance use begins by the age of 20 and 70% of mental health concerns beginning before the age of 24. Rates for depression and anxiety are on the rise. **And toxic illicit drug overdoses are the number one killer of youth aged 10 to 19 across British Columbia (BC).**

Mental health and substance use challenges require early intervention. But fewer than 25% of youth are accessing appropriate care.

When refused or confused by a system of multiple doors and uncoordinated services, many youth turn to Emergency Departments. Or spend months on waitlists. Or simply give up. Families are frustrated. And things have been getting worse.

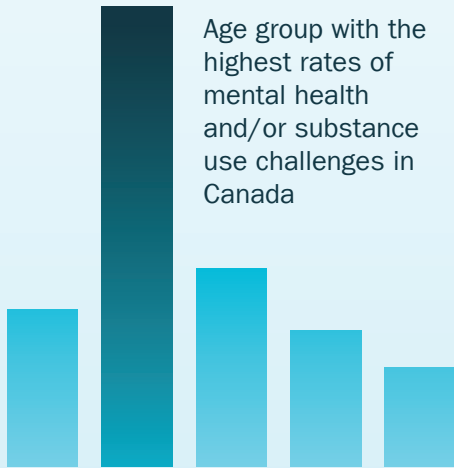
Our health system and communities urgently need coordinated, accessible, low-barrier services designed with and for youth. For a strong future, we need vibrant and healthy young people living full, productive lives.

**Foundry offers young people ages 12 to 24 and their caregivers the appropriate help they need and deserve, when they need it – within their communities and online.**

# What the numbers tell us.

## 12 – 24

Age group with the highest rates of mental health and/or substance use challenges in Canada



## 1 IN 4

Canadian youth affected by mental health or substance use challenges



## 70%

of mental health concerns in Canada begin in childhood or teen years



## #1

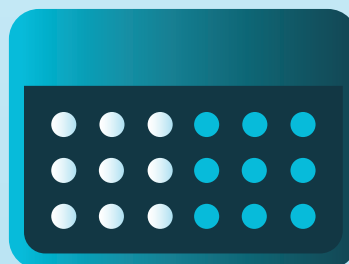
toxic drug overdoses are the leading cause of death of British Columbian children aged 10-19

## 200,000

and more young people in BC struggle with mental health every year

## <25%

of youth are currently receiving the mental health services they need



## 50%

of youth coming to Foundry have thought about suicide in the past 90 days

# A solution built in BC.



Foundry opened North America's first centre to offer integrated youth services a decade ago, in downtown Vancouver. Made possible through the generosity of donors, Foundry's healthcare model was simple, yet transformational: remove barriers and improve access by co-locating all services in one purpose-built space that's co-designed with and for youth.

Mental health care, substance use support, physical and sexual health, youth and family peer support, and social services that empower youth in living a good life. All through one door, in an easy to access location or online, with walk-in availability.

**No charge. No referrals needed. No waitlists.**

Foundry's innovation confirmed that easy access to youth-friendly integrated services empowers young people to seek help sooner, reduces stigma and significantly improves outcomes. Life-changing results inspired Foundry's provincial expansion into a world-renowned collaborative network of centres.

Soon, and with your support, young people and those who love them will have access to 35 centres in urban and rural communities throughout BC, plus Foundry's provincial virtual services and the Foundry BC app.

**With Foundry centres in communities and with unlimited access to Foundry's virtual services, young people and families will no longer have to ask, "Where can we go for help?"**

# This is Foundry.

Access virtually and in person.  
No referrals required.  
Services are free.  
All in one place.

## Mental Health.

Free walk-in counselling and therapy groups to help address and overcome concerns before they become overwhelming.

## Physical & Sexual Health.

Family doctors and nurse practitioners provide physical health, sexual health, gender-affirming care, medication and more.

## Peer Support.

Youth and family with lived or living experience provide guidance, information, navigation and mentorship to others facing similar situations.

## Integrated Youth Services

## Substance Use Support.

Prevention, counselling, harm reduction supplies and medication, system navigation all in a non-judgemental environment.

## Social Services.

Employment, education, wellness activities, and other non-clinical resources that empower youth in living a good life.

# Unprecedented impact.

## At the time of a young person's first visit:

### Distressed

# 82%

are experiencing high levels of distress.

### Suicidal thoughts

# 50%

have thought about suicide in the past 90 days.

### Poor mental health

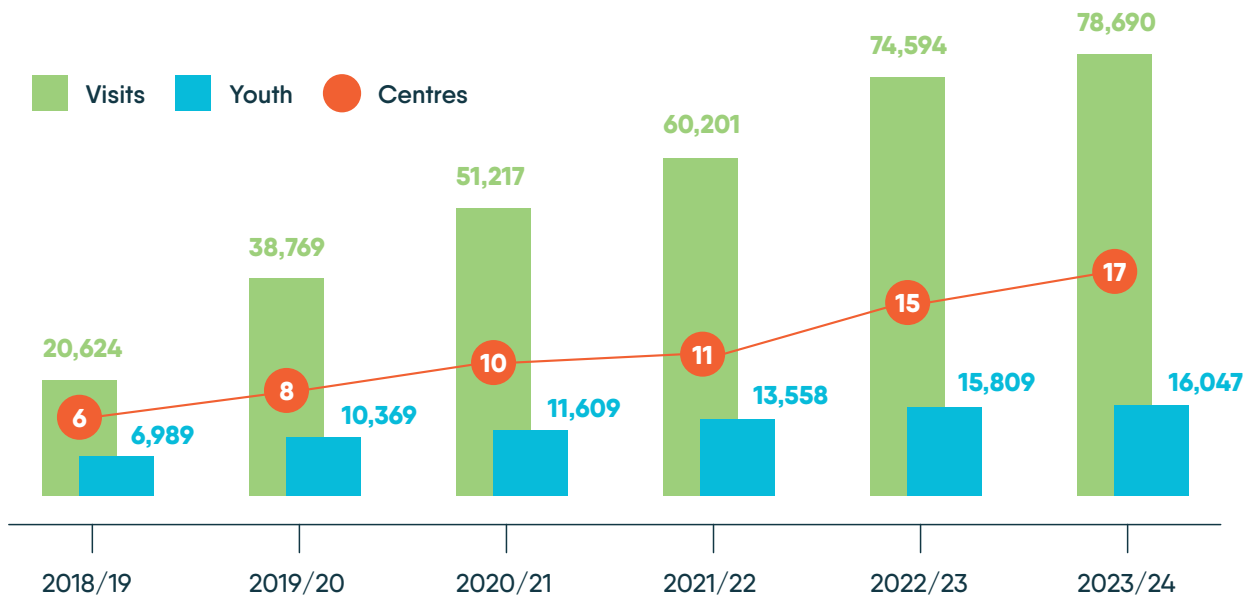
# 76%

rate their mental health as fair or poor.

### Witness violence

# 36%

have seen or experienced violence in the last 3 months.



## After accessing Foundry services, youth report:

### Satisfied

# 95%

were satisfied with Foundry and its services.

### Easy access

# 95%

agreed having services in one place made it easier to get help.

### Tell a friend

# 97%

would suggest Foundry to a friend.

### Well-equipped

# 91%

feel well-equipped to manage their health situation.

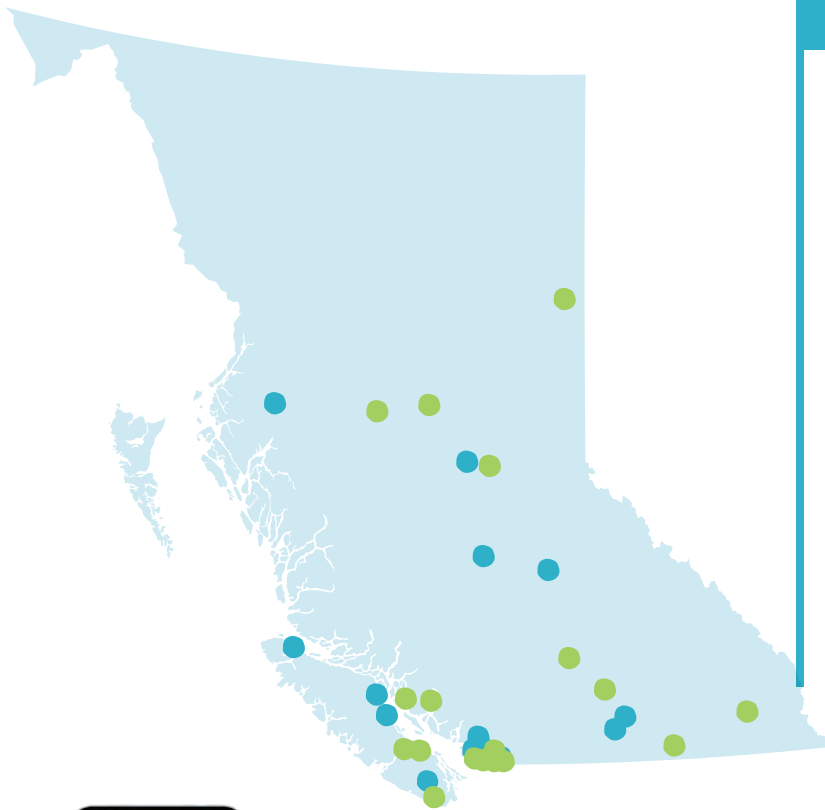
# Youth-driven pathways to health.

Foundry is transforming health and social services so all young people across BC, including those in isolated and under-resourced areas, can instantly access the integrated youth services they need and deserve.

Foundry's expansion is co-designed with and for youth and communities. Collaboration is also essential in fundraising for growth, as substantial capital investments from government, philanthropy, and local community

partnerships are all essential to opening new centres and accelerating timelines.

Our bold vision of reshaping BC's health and wellness landscape for youth is only possible through meaningful partnerships with donors and funders, youth and caregivers, community organizations and health authorities, First Nations, school districts, and governments. Collaborating. Learning. Growing.



## Open

- Abbotsford
- Campbell River
- Cariboo Chilcotin
- Comox Valley
- East Kootenay
- Kelowna
- Langley
- North Shore
- Prince George
- Vancouver-Granville
- Victoria
- Penticton
- Port Hardy
- Ridge Meadows
- Richmond
- Sea to Sky
- Terrace

## Coming Soon

- Burnaby
- Burns Lake
- Chilliwack
- Fort St. John
- Kamloops
- Port Alberni
- qathet
- Quesnel
- Snuneymuxw
- Sooke-West Shore
- South Surrey
- Sunshine Coast
- Surrey-Central
- Tri-Cities
- Vancouver
- Vanderhoof
- North Okanagan
- Kootenay Boundary



**Foundry services can also be accessed virtually through the Foundry BC App from anywhere in BC.**

[Learn more: foundrybc.ca/virtual](https://foundrybc.ca/virtual)





**The 20/20/20 Campaign is a once-in-a-generation opportunity to support Foundry's \$20 million goal to open 20 Foundry centres so over 20,000 additional young people across BC can access life-changing health and wellness services.**

When young people experience challenges in their lives, large or small, whether related to mental health, substance use, physical health or their identity, it can be easy to feel alone and isolated. Having immediate access to confidential and safe spaces to speak to trusting professionals is critical to supporting youth and those who love them.

**Now, more than ever.**

Young people need easy access to compassionate, appropriate health resources in low-barrier spaces where they live, learn, and spend time with their peers. Addressing health concerns before they impact lives and relationships.

To meet growing demand for integrated youth services, Foundry has been mandated by the Ministry of Health to expand to 35 centres across BC by 2028, plus virtual services. The provincial government will cover ongoing operating expenses, and has committed \$1.5M in capital funding per centre. But this covers less than half the overall expenses. Escalating construction costs and limited fundraising resources – especially in rural and remote communities – have created significant funding gaps and construction delays.

**Thousands of young people have benefited from Foundry, but thousands more still need help overcoming life's challenges. Our work is far from done. Join us in expanding this vital support.**



# Now is the time.

**Help us accelerate Foundry's expansion until every young person across BC – including those in rural and remote communities – can easily access the help they need, when they need it.**

Expanding to 35 Foundry centres, plus virtual access and multiple Foundry Satellite locations in smaller communities, will lead to earlier case identification and prevention, raise awareness about Foundry, normalize help-seeking among youth, and rapidly improve outcomes.

Foundry's expansion is an ambitious goal in a province the size of BC. **Double our Foundry network to double the number of youth accessing services each year.** We can achieve this together. Your support will accelerate development, helping tens

of thousands more youth receive support earlier, and significantly impacting an entire generation.

**Help youth achieve their best outcomes sooner by supporting Foundry's \$20 million expansion of 20 additional centres so over 20,000 additional young people across BC can access life-changing resources.**

It is a bold vision - but with the commitment from our communities, government and philanthropic partners like you, it is a vision we can achieve. And one worth striving for.



# Centring Integrated Youth Services Excellence in Vancouver.

**Transform Foundry Vancouver-Granville from a proven prototype to the world-class hub for youth mental health and wellness.**

Foundry Vancouver-Granville, our first centre, is also our smallest, struggling to support one of Canada's largest and most diverse municipalities.

With growing demand and an expiring lease, Foundry Vancouver-Granville is in urgent need of a larger space. We need your support to move this forward.

The current 4,500 sq ft centre is too small to fully support the integrated service model or meet demand, in a 110-year-old building that lacks daylight and accessibility, in a location at Drake and Granville that does not always feel safe.

Over a six month period, 400 youth were turned away due to space constraints. With a lease expiring in 2026, we urgently need a new downtown centre that is double the size, close to transit, and co-designed with

youth and staff to be welcoming, accessible and safe. Purpose-built to reflect lessons learned, serving as a flagship Foundry.

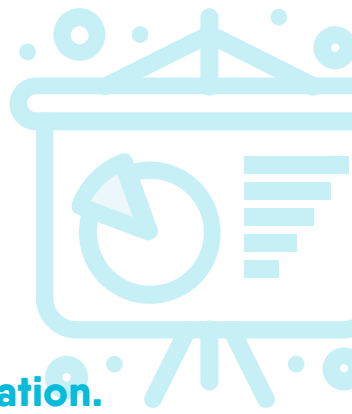
Additionally, Foundry Vancouver-Granville, Foundry Central Office, and Foundry Research currently operate in separate buildings. A significantly larger space could accommodate these teams and additional service partners to optimize both lease costs and collaboration.

**Join us in bringing to Vancouver a purpose-built flagship Foundry, co-designed with and for youth, and a world-class cornerstone of excellence in integrated youth services.**

**To learn more  
about the new  
[Foundry Vancouver.](#)**



# Bridging the Divide Between Research and Practice



**Foundry Research empowers youth and communities to co-create actionable evidence that drives service innovation.**

Foundry does research differently. We co-create research alongside youth. We embed research within communities. We collectively produce practical, actionable knowledge that sparks lasting change in the lives of young people, caregivers and staff across BC by centring their voices in our research.

Relationships shape our work, enabling co-created research that is meaningful and relevant to youth, families and service providers. Our goal is to have an embedded researcher at every Foundry centre across BC.

Focusing on youth and family experiences and engaging directly with staff and communities is how we bridge the divide between research and practice, fill gaps in youth health understanding, and drive service innovation.

Relationship-based research embedded within impacted communities is innovative but unconventional, falling outside traditional research grant opportunities.

To do research differently, we need to fund research differently.

**Support research and evaluation that innovatively centres youth voices through co-design, collaboration, and community integration. To learn more, visit [www.foundrybc.ca/research](http://www.foundrybc.ca/research).**

## Help the Foundry Research team achieve groundbreaking evidence through:

**Co-Design:** Involving youth and families in research.

**Community-based solutions:** Building research capacity within communities.

**Collaboration:** Supporting a collaborative model with researchers embedded at Foundry centres.



**“My experience as a Youth Advisor collaborating on research projects has provided me with a broader perspective on how research can drive meaningful change.”**

**- Preet**

# Breaking Barriers. Changing Futures.

**Amira**

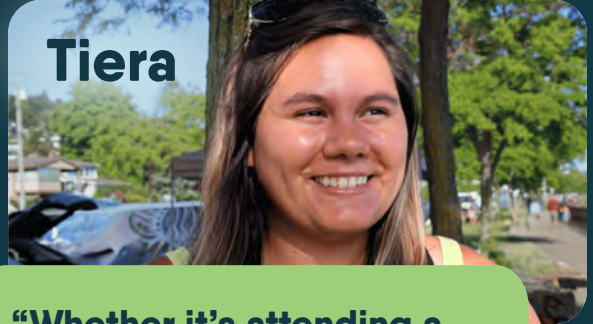


**“Foundry is saving lives because young people can get the help they need, free of cost, without having to wait.”**

Watch Amira's story here:



**Tiera**

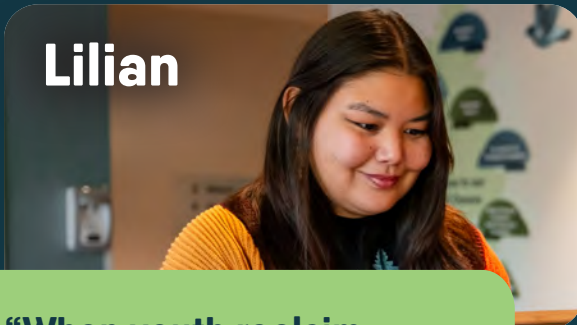


**“Whether it’s attending a group, counselling session or medical appointment, getting through the door is the hardest part. Once you get here, you’re safe and in good hands.”**

Discover Tiera's amazing journey from Foundry youth to Foundry employee.



**Lilian**

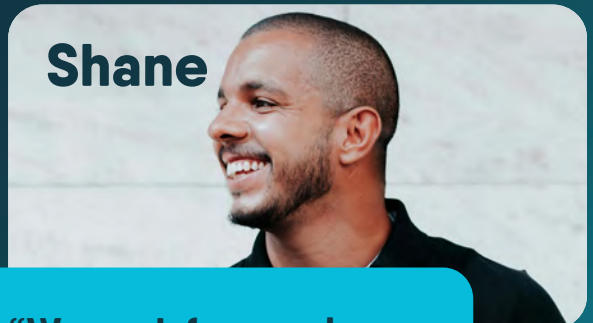


**“When youth reclaim and reconnect with their traditions and culture, it helps them find and make a new path, a healthier path, of their own.”**

Discover how Foundry creates culturally-informed spaces:



**Shane**



**“We work from a place of not wanting others to feel alone on their journey helping their loved ones.”**

Family Peer Support is offered at centres and online:



## **This Land is Home.**

Foundry's provincial work extends across lands that are home to many First Nations, Metis, and Inuit Peoples today; with histories, knowledges and ways of being that are diverse and unique to every community in which we work. We strive to respectfully hold and nurture relationships with Indigenous Peoples, including Indigenous youth and family advisors, staff, community agencies and partners, who guide and inform our work.



Foundry is a provincial program of Providence Health Care (PHC), with St. Paul's Foundation serving as the registered charitable partner for PHC. Foundry's provincial implementation team, Foundry Central Office, is located in Vancouver, British Columbia. Foundry works hand in hand with St. Paul's Foundation to raise philanthropic funds for Foundry's provincial initiatives.

Foundry c/o St. Paul's Foundation  
178 - 1081 Burrard Street, Vancouver, BC. V6Z 1Y6

Charitable Registration Number: 11925 7939 RR0001

· F O U N D R Y ·

**Your support will bring  
life-changing resources and  
services to young people,  
families and communities  
throughout BC.**

**To learn more about transforming healthcare for youth, please contact:  
Molly Loudon | 778-987-9781 | [mloudon@foundrybc.ca](mailto:mloudon@foundrybc.ca)  
[foundrybc.ca/donate](https://foundrybc.ca/donate)**



**“I finally feel like I’m not alone. I feel heard, and supported when I speak with a family peer supporter because they “get it” and I don’t have to feel ashamed or alone in my struggles with my child. It is so freeing to speak with someone here. Thank you.”**

# Foundry Virtual BC Supports for Caregivers

## Support for your youth and for you

**Foundry offers free drop-in and scheduled counselling & peer support, substance use services, groups, Medical Services (Physical and Sexual Healthcare) and employment services for young people ages 12-24 across British Columbia.**

In addition to support for young people, caregivers of youth ages 12-24 can also access counselling, family peer support, and groups for caregivers.

All services offered are free and confidential. We offer video, audio, and chat options. No referrals are required.

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**“Supporting a loved one can be challenging– you don’t have to go through it alone”**

– Foundry Family Peer Supporter

**To register and make an appointment, download the Foundry BC app.**

To learn more call 1-833-308-6379, email [online@foundrybc.ca](mailto:online@foundrybc.ca) or visit [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual)

### **Hours:**

Mon-Fri, 10am-9pm  
Sat/Sun 10am-6pm



**• F O U N D R Y •**



# Growing Mindfully

A free 8-week group for children 8-12 experiencing mild-to-moderate anxiety, worry, and stress, focused on mindfulness and physical activity




For more information, contact [mentalwellness@bc.ymca.ca](mailto:mentalwellness@bc.ymca.ca) or 1-250-376-4771 ext 115

# SPEECH FOR EVERYONE


It's normal for some children to have mild speech sound errors, these typically don't affect their ability to participate in class, make friends, or succeed at school. Most kids are still clearly understood by others, and their learning isn't impacted. Check out our tips below to support your child's speech sound development at home:

## Tips & Tricks


### 1. Model Clear Speech

 Repeat your child's words using the correct sounds without pressuring them. Example: Child says "wabbit" → You say, "Yes, a *rabbit*! Nice!"


### 2. Read Books with Target Sounds

 Pick books that repeat your child's target sound and read together. Tip: Pause and let your child say key words.


### 3. Play Sound Games

 Use games like "I Spy," rhyming, or silly sentences with the target sound. Example: "Let's find 3 things that start with 'S'!"

### 4. Use a Mirror

 Practice sounds in front of a mirror to watch how mouths move. Tip: Keep it short and fun – 2 to 5 minutes.

### 5. Celebrate Effort

 Praise attempts and small wins, not just perfect sounds. Example: "Great try on that 'R' sound!"



**Visit our website**



Search [speech.blogs.sd73.bc.ca/slps/](https://speech.blogs.sd73.bc.ca/slps/) to find more strategies and activities to support your child's speech and language development by visiting our 'For Parents' page.

## Private SLPs

A list of local service providers is available at [speechandhearingbc.ca/#professional-map](https://speechandhearingbc.ca/#professional-map)

Funding for community private SLPs can be obtained from a variety of sources, including those listed here: [speechandhearingbc.ca/public/resources/funding](https://speechandhearingbc.ca/public/resources/funding)