

LENA
GROW™

Coach Guide

v 3.0

Talk Builds Brains!



LENA®

How to Use This Guide

Welcome to LENA Grow! This Coach Guide provides guidance for each coaching session and includes the resources, ideas, and tips you need to help teachers complete the program successfully.

Materials are organized into the following sections:

LENA Fundamentals A quick reference for frequently used LENA vocabulary, the LENA Feedback Cycle, the LENA Grow sequence schedules, and implementation logistics.

LENA Orientation Planning and facilitation to introduce teachers to the basics of LENA Grow.

LENA Grow Sequences Week-by-week facilitation and coaching guidance for each sequence of LENA Grow, including:

- Preparation for a LENA Grow sequence.
- Coaching session guidance.
- Wrap-up for a LENA Grow sequence.

Appendices Reference materials, including fillable forms and relevant pages from the LENA Grow Teacher Guide.

Look for these helpful icons in your guide:



Coach Tips

Practical tips from other LENA Grow coaches.



Caring Coaching

Thoughtful ideas to foster a focus on strengths-based coaching and equity-focused teaching practices.



Rooted in Research

Information about the research behind specific program elements.



Fidelity

Requirements

When you see this icon, check Appendix D to ensure that your program is currently meeting fidelity requirements.



Appendices

When you see this icon, reference the Appendices tab for supporting materials.

Essentials Week 4:

Mealtimes

30
min.

Weekly Coaching Intention

Supporting children is the ultimate goal of our entire community. What can you do this week to help teachers make lasting changes in their interactions with the children in their classroom?

Teacher Learning Objectives

- Reflect on how Room Report data represents LENA Day 4 classroom conversations.
- Explore ways to increase interactive talk with children during mealtimes.

Stretch Goal

If appropriate, consider challenging teachers to “beat their best” on LENA Day 5. This *stretch goal* helps teachers finish the program strong by showing themselves what they are capable of.

(In cases where attendance or staffing are variable, or where the room already has high turns, this may not be an appropriate goal.)

Don't Forget Session Prep!



Set aside 30 minutes prior to the session to complete Essentials Week 4 Session Prep. This will help you arrive at the coaching session confident and prepared.

1. Discuss and review LENA Day 4



- Discuss LENA Day experience using teacher **LENA Log**.
 - How was your LENA Day?
 - What was your experience with your goal this week?
 - How are children responding to the program?
 - What have you practiced since our last session?
- Show the **Room Report**.
What do you notice?
You earned ___ stars! What did you do to earn the star(s)?
- Point to the **Hourly Turns** and **Hourly Words** graphs on page 1.
 - What do you notice about how talk changed throughout the day?
 - What was happening during the Trophy Hour?
- Point to the **Interaction Chart** on page 2.
 - What positive changes do you notice since the last LENA Day?
 - What data interests you? Why?

2. Discuss weekly topic: Mealtimes



- Review the ideas on the **Mealtimes Conversation Starters poster**.
 - What does mealtime look and sound like in your classroom? Do you know what it looks like at home for your students?
 - Do you currently use any of these ideas? If so, how do children respond?
 - What could you add to these suggestions?



Caring Coaching

Mealtime foods and routines are often a reflection of home and school culture. Take time to ask teachers what mealtime looks like in their homes and classrooms.

3. Set a goal for LENA Day 5



 Support each teacher in writing down a specific and attainable goal in their **Week 5 LENA Log**. Record any coach notes in your **Coaching Session Notes**.

- How would you like to increase interactions during mealtimes?
- What would you like to accomplish by the end of this sequence?
- Do you want to set a goal to “beat your best” on LENA Day 5? It looks like your highest average daily turns was ____ on LENA Day ____.

If needed, help teachers plan for how they might achieve their stretch goal:

- What did you do on your best days that led to high turns?
- What strategies have you used to make sure you spend time talking with children who have had lower turns in the past?
- What detailed plans do you need to have in place to beat your best?