

LENA
GROW™

Teacher Guide

v 3.0

Talk Builds Brains!



LENA®

How to Use This Guide

Welcome to LENA Grow! This Teacher Guide includes the resources, ideas, and tips you need to successfully complete LENA Grow sequences! Each week, turn to the appropriate tab to see a session overview, program materials, and any additional resources.

The **Orientation** tab walks you through what to expect during the LENA Grow program. This section also prepares you for your first LENA Day of LENA Grow 1 Essentials!

To help make each week a success, weekly tabs contain the following resources:

Weekly Overview pages come first in each section. They provide an overview of your LENA week, plus a checklist of supporting activities.

LENA Logs are designed to help you achieve classroom goals. Use the log to write down a target goal for your next LENA week. Then, take notes during your LENA Day and reflect on your goal progress and LENA Day during your next coaching session.

Family Engagement handouts provide thematic ideas on how to increase talk at home. Send home weekly to support talk at home.

You will also receive **Conversation Starters™ posters** to display in your classroom. Use the ideas to help increase interactive talk during each weekly topic.

Look for these helpful icons in your guide:



Teacher Tips

Tips from other Grow teachers.



Caring Classroom

Responsive ideas to support all learners.



Certification Checkpoint

Keep track of your progress! Fill out a section of your LENA Certified Teacher Tracker when you see this icon.



Family Engagement

Track your family engagement! This icon is a reminder to regularly engage families throughout the program.

Note on Terminology

The words **“teacher”** and **“classroom”** are used as inclusive terms throughout these materials. Don't worry if you are not a typical teacher or if you teach in a nontraditional classroom. We know educators come in all forms — these resources are still designed for you!

Essentials Week 4:

Mealtimes

LENA Day 4

- Keep practicing what you have learned as you work toward your goal!
- Track classroom activity by recording notes in your **Week 4 LENA Log**.

Coaching Session 4

- Discuss and reflect on your **Week 4 LENA Log** and **Day 4 Room Report**.
- Discuss this week's topic: Mealtimes. Review the **Mealtimes Conversation Starters poster** with your coach.
- Write your goal for the upcoming week in your **Week 5 LENA Log**.

Family Engagement

- Share the **Family Talk: Mealtimes handout**.



Caring Classroom

Encourage children to share about a favorite meal or food they eat at home. Support learning by showing pictures of these foods as visual aids during mealtime talk. In these conversations be sure to remain sensitive to children whose families may be experiencing food insecurity.



Caring Classroom

In some cultures, mealtimes aren't traditionally thought of as social time. Remain respectful of traditions, working in conversation where appropriate and when comfortable to do so for you and the children. Perhaps it is preferable to talk more as you prepare food, set the table, or clean up.



Week 4 LENA Log

Teacher name: _____

Weekly Goal

Make your goal specific and achievable! Include: time of day, name of specific child or routine, or a Talking Tip.

Goal set date: _____

Goal for my next LENA week:

LENA Day Notes

LENA Day date: _____ # Children present: _____ # Staff present: _____

How and when did I work toward my goal this week?

Other notes (special circumstances/ events, staff changes, children who were late or left early):



Teacher Tip

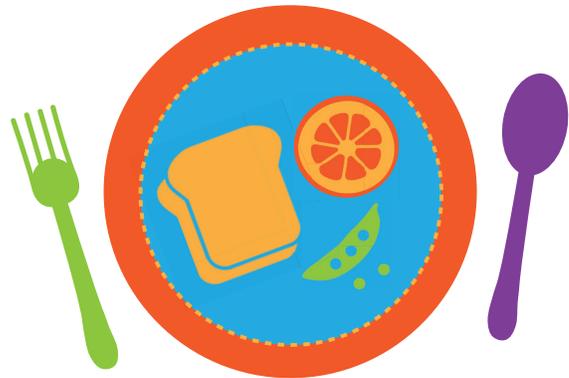
"I write the names of my target kids on rubber bands. I wear the bands around my wrist as a reminder to focus on those children throughout the day. When I interact with a child, I move the band to my other wrist — I always know who I already talked to and who I still need to talk with."

Megan Monaghan, coach at Rocky Mountain ECC, Colorado



Family Talk: Mealtimes

Mealtimes can be busy, but they are a great time to connect with your child. If your family doesn't traditionally socialize while eating, try involving your child in meal or snack preparation or cleanup, and talk throughout.



Infant

Watch for nonverbal communication during mealtimes: Does your baby turn her face to signal she is done eating? Does she point to a food she wants to try?

Add words to describe your child's actions and choices.

- "I see you pointing to the cereal. Would you like to try some? Let's take a big bite. Do you like how it tastes?"

Toddler

Build sentences around your child's one- or two-word communication.

- "Yes, the apple is red. Do you see anything else that is red?"

Talk through the sequence of mealtime routines with your child.

- "First, I fill the pot with water. Then, I put it on the stove. What comes next?"

Preschool

Ask open-ended questions to support imaginative thinking.

- "What do you think robots eat for dinner?"

Build sorting and grouping skills by asking your child to name foods by color, flavor, or beginning sound. Give hints to make it fun.

- "Let's think of all the foods we know that are sweet."