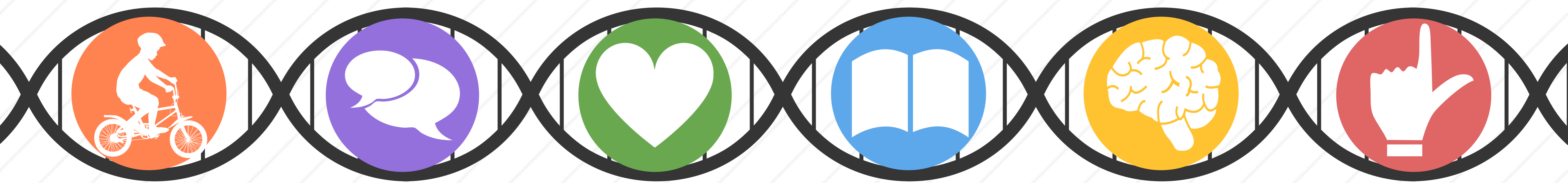


Children whose families involve them in learning at home are more successful in school.



School Readiness Goals

Head Start understands and values the key role families play in children's school readiness. As a parent, grandparent, or other adult family member, there are many ways you can support your child to reach his/her greatest learning potential.



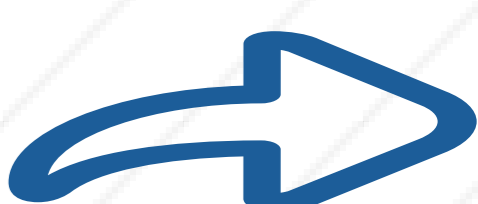
Perceptual Motor & Physical Development	Language	Social and Emotional	Literacy	Approaches to Learning	Cognition and General Knowledge
Children will demonstrate growing control of: 1) Large muscles for movement, navigation, and balance. 2) Small muscles to use utensils, self-care, building, writing, and exploring.	Children will be able to understand and use expanding language to express their wants and needs, engage in conversation, follow directions, and comprehend language.	Children will develop and demonstrate the ability to recognize and regulate emotions, attention, impulses and behavior in order to sustain positive interactions and relationships with adults and peers.	The children will have knowledge of print and know that print is meaningful.	Children will demonstrate flexibility, inventiveness, curiosity, motivation, persistence and engagement in learning.	Children will use math in everyday routines to count, compare, pattern and problem solve.



When families involve their young children in daily learning by talking with them, playing with them, and reading to them from birth, children have:

- Higher literacy skills
- Better peer interactions
- Fewer behavior problems
- Greater motivation and persistence during learning activities

Activities on Back



Help Your Child be Ready for School

Listed below are activities that you can incorporate into everyday routines to help your child become ready for kindergarten.

Perceptual Motor & Physical Development



Provide daily opportunities for your child to play outside including opportunities to play with balls, ride trikes, hop skip and gallop.

Allow opportunities for your child to develop small muscles in activities such as playing with play-doh, legos, and cutting with scissors.

When a child practices large and small muscle movements, it helps promote body strength needed for writing, self help skills, such as eating, toileting, and dressing and later participation in organized sports.

Language Development



Have conversations with your child. Be sure to ask what, when, where, why, and how questions.

Ask your child questions about what they see around them.

A child with good vocabulary and language skills can engage in conversations, share ideas and feelings and work through problems.

Social and Emotional Development



Teach your child "feeling words" - such as happy, angry, sad. Label these feelings for your child and teach them appropriate ways to deal with these emotions.

A child that learns social and emotional skills has confidence and is better able to face life's challenges.

Literacy Development



Read to your child every day.

Reading is the single most important thing you can do to help ensure school readiness for your child.

Reading introduces your child to rich vocabulary and will help him/her learn words needed to read and write.

Approaches to Learning



Encourage your child to stay with a task even if it is difficult. ("Try it one more time" or "Try it this way")

Play games such as "I Spy" that encourage children's natural curiosity.

Providing activities that are challenging encourages curiosity and teaches a child that learning is fun.

Cognition and General Knowledge



Count with your child during daily activities. For example: Count the number of towels to be folded or the number of cookies you need for your friends.

Have your child help with activities at home like setting the table.

Math skills help to develop a child's processing skills which are important for making connections, problem solving, organizing information, and communicating.

For more ideas and activities on how you can help your child become ready for Kindergarten, please ask your child's Teacher or Family Advocate.