

Getting Ready for Kindergarten

September 2015 | August 2016



Little Discoveries Day Care, Inc.



PA State Senator
Mario Scavella

POCONO
MEDICAL CENTER

a calendar of family activities & resources

Amina



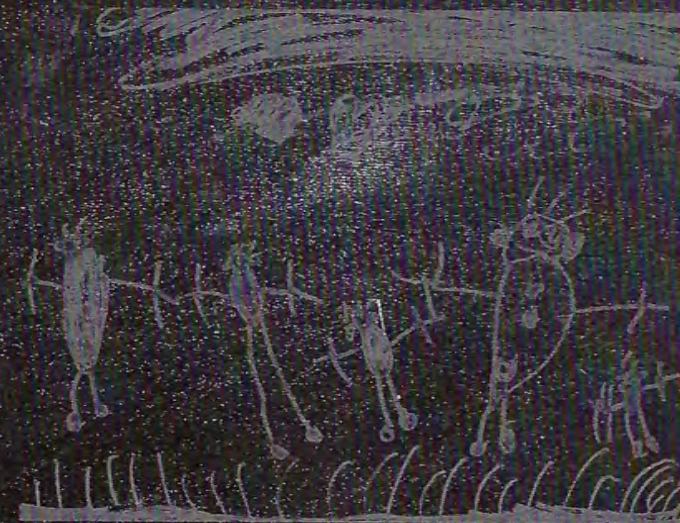
Colton



Brooke



Isabella



Arianna



Lexie

Welcome

One of the most exciting days for you and your child is the first day of kindergarten. The school readiness calendar of activities was developed by Pocono Alliance's School Readiness Committee and based on PA's Early Learning Standards to help you and your child get ready for the special day.

The asset-building framework reminds parents of the "bottom line" in their child-rearing. Rather than focusing on "getting ahead" or avoiding problems, the assets help parents see that their primary role lies in raising caring, competent and responsible young people. Asset Building affirms parents' important role in their children's lives. It reminds them that what they do makes a big difference. Many of the assets can be achieved through activities and ideas in this calendar.

To learn more about the assets your child needs to succeed visit: www.search-institute.org



How to use the school readiness calendar

The calendar runs from September through August. Each month focuses on a different learning topic and suggested activities you and your child can do together. Each month also includes additional ideas, a list of books and web sites you can visit.

Preparing children for learning in school

Children who are ready for kindergarten also have good social, self-help and physical skills and are developing a love for learning.

At the end of the calendar you will find a List of Important Skills specifically designed for 4 and 5 year olds. This guide will help you prepare your child for school by helping you track your child's physical, social, emotional and cognitive development.



Parent Pal is a section found in each month giving parents suggestions and activities to do themselves that will help them get involved and prepare their child for Kindergarten.

Special Thanks to these early learning programs for providing the wonderful drawings highlighted in this calendar

Hannig Family Children's Center

Mekeel Child Care Center

Pocono Services for Families &
Children/Monroe County Head Start

Wee Wons Day Care Center & Pre-School

Help our young children reach their promise, through quality early education.

Quality early learning at home and in an early learning program (like child care, Head Start and preschool) promotes brain development and builds the skills children need for success in school and in life. Without quality early learning, children may fall behind and stay behind. With it, children who may be at risk for failing in school can overcome those risks and reach their potential.

To learn more, check out these resources:

Child Care Works provides financial help to pay for child care for families who meet work and income requirements. To be eligible, families must earn up to 200% of the federal poverty level and meet certain work requirements. Parents can apply on-line or at their Child Care Information Services (CCIS) agency.

Early Intervention provides children from birth to age five with disabilities/developmental delays with services at no cost to families to help promote their development so they are successful in any early education setting. Services may include parent education, developmental therapies and others.

Head Start provides free comprehensive early learning services to children and families most at risk of academic failure. Families earning 130% of the federal poverty level or less are eligible to apply.



Lexi

Gabriela



Keystone STARS promotes quality in child care and Head Start programs. Programs that participate in Keystone STARS earn a STAR 1 to STAR 4 level based on quality standards. The higher the STAR level, the higher the quality. When looking for child care, ask if they participate in Keystone STARS.

Nurse-Family Partnership provides registered nurses who work with expectant mothers to ensure a healthy pregnancy, to engage in activities with the baby that will promote healthy development, and to make plans for the future. Pregnant women who are low-income, first time mothers and enroll by the 28th week of pregnancy are eligible. There is no cost to families.

Pennsylvania Pre-K Counts provides high quality pre-kindergarten opportunities to three and four year olds at no cost to families. Eligible children include those living in families earning up to 300% of the federal poverty level (such as a family of four earning \$67,050) who may also be English language learners or have special needs. Children are eligible from age three until the entry age for kindergarten.

www.papromiseforchildren.com

MONROE COUNTY SCHOOL DISTRICTS



Stroudsburg Area School District

123 Linden Street
Stroudsburg, PA 18360
570.421.1990
www.sburg.org

Arlington Elementary School

853 Flagler Street
Stroudsburg, PA 18360
570.421.6952

TBD

2015 Chipperfield Drive
Stroudsburg, PA 18360
570.421.4834

Hamilton Elementary School

5531 Hamilton South
Sciota, PA 18354
570.992.4960

B.F. Morey Elementary School

1044 West Main Street
Stroudsburg, PA 18360
570.421.6371



Achilles



Carolina

Pleasant Valley School District

Route 115
Brodheads ville, PA 18322-2002
570.402.1000
www.pvbears.org

Pleasant Valley Elementary School

476 Polk Township Road
Kunkletown, PA 18058
570.402.1000 x 6001



Valentina

Olivia



East Stroudsburg Area School District

50 Vine Street
East Stroudsburg, PA 18301
570.424.8500
www.esasd.net

Bushkill Elementary School

131 North School Drive
Dingmans Ferry, PA 18328
570.588.4400

East Stroudsburg Elementary School

93 Independence Road
East Stroudsburg, PA 18301
570.421.1905

J.M. Hill Elementary School

151 East Broad Street
East Stroudsburg, PA 18301
570.424.8073

Middle Smithfield Elementary School

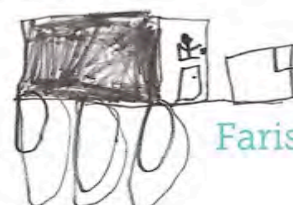
5180 Milford Road
East Stroudsburg, PA 18302
570.223.8082

Resica Elementary School

1 Gravel Ridge Road
East Stroudsburg, PA 18302
570.223.6911 ext. 1000

Smithfield Elementary School

245 River Road
East Stroudsburg, PA 18301
570.421.2841



Faris

Pocono Mountain School District

P.O. Box 200 Pocono Mountain School Road
Swiftwater, PA 18370
570.839.7121
www.pmsd.org

Clear Run Elementary Center (Gr. K-2)

780 Route 611
Tobyhanna, PA 18466
570.839.7121 x 28412

Swiftwater Elementary School (Gr. K-3)

135 Academic Drive
Pocono Mountain School Road
Swiftwater, PA 18370
570.839.7121 x 29412

Tobyhanna Elementary Center (Gr. K-6)

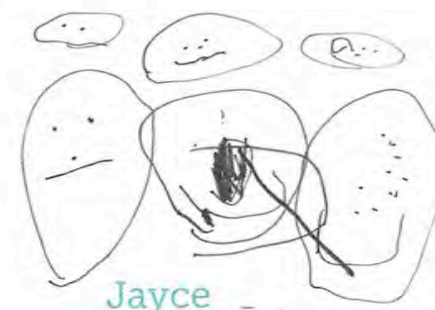
398 Old Route 940
Pocono Pines, PA 18350
570.839.7121 x 24412

Clear Run Intermediate Center (Gr. 3-6)

800 Route 611
Tobyhanna, PA 18466
570.839.7121 x 61412

Swiftwater Intermediate School (Gr. 4-6)

208 Campus Drive
Swiftwater, PA 18370
570.839.7121 x 60400



Jayce

Kindergarten Registration

Guide your child's learning and growth from the start with the Early Learning GPS

Beginning kindergarten is an exciting time for many families. Not only is it a significant transition for children and adults alike, it is a critical planning time for schools as well. Let's motivate our children to succeed in school by ensuring their beginning experiences are full of the joy and excitement that produces confident, successful learners.

Start by making sure you register your child EARLY for kindergarten. By registering for kindergarten early, it gives the schools the ability to prepare for the school year with adequate resources and teaching staff. Early registration is also encouraged because the earlier a child is registered, the earlier they are able to prepare for kindergarten, one of the biggest steps in their lives.

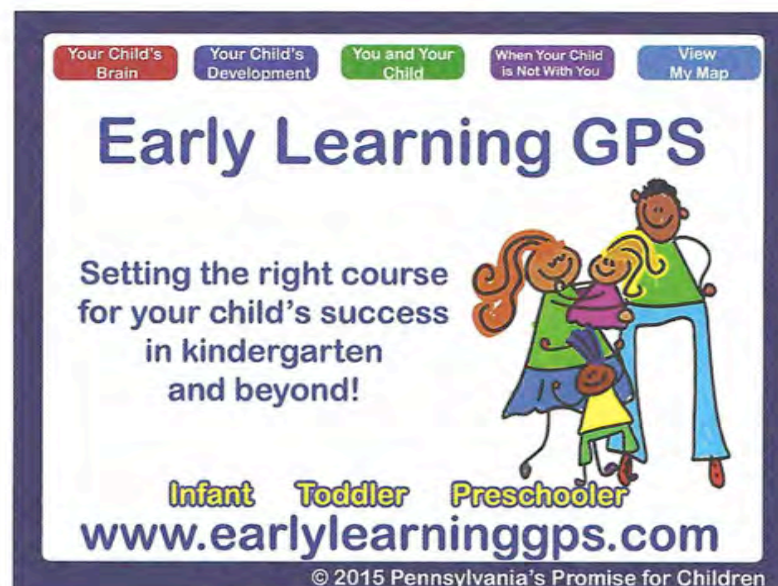
To find out where to register your child, call or visit your local school to find out the dates for kindergarten registration. You will need at least the following items:

- Birth Certificate
- Current Immunization Record
- Acceptable Proof of Residency

Check with your local school to see if additional information is required.

Listing of public and private schools in Monroe County:
www.edna.ed.state.pa.us

Register Now!



Log on to **www.earlylearninggps.com** to help guide your child's growth so he/she is safe, happy and learning!

The information on this website was created in cooperation with the Pennsylvania Office of Child Development and Early Learning and is based on sources like Pennsylvania's Early Learning Standards and nationally-recognized brain research.

January

Introduce your child to numbers and counting

Collect a variety of materials your child may use for counting and for learning about numbers

- Items found around the house include bottle caps from milk jugs and catalogs and magazines with pictures.

Use number words and point out written numerals as you and your child do things together

- In the kitchen
 - "On this package of rice it says to add 2 cups of water."
 - "I need you to put 3 forks and 3 plates on the table."
- Grocery shopping
 - "That sign says bananas are 49¢ a pound."
 - "Pick out 4 apples and put them in this bag."

Involve your child in number and counting activities

- Play "Simon says." Say to your child "Simon says clap your hands 5 times." "Simon says take 3 steps forward." Let your child have a turn being Simon.

Read, tell stories, sing songs and say nursery rhymes about numbers and counting with your child

- Read or tell stories to your child such as "The Three Bears."
- Say nursery rhymes such as "One, Two, Buckle My Shoe" and "Baa Baa Black Sheep" with your child.



Take your child to the grocery store to explore their math skills in fun, real life situations. First engage your child by creating a shopping list by using numbers and tallies for the number of each item on the list. When you go to the grocery store have your child collect the items by reading off the numbers and tallies and figuring out how many of each item they need to place in your cart.

Websites:

- www.softschools.com
- www.hubbardscupboard.org

Books to Read with your child:

Mouse Count - Ellen Stoll Walsh
Quack and Count - Keith Baker
Un pez, dos pez, pez rojo, pez azul
(One Fish, Two Fish, Red Fish, Blue Fish) - Dr. Seuss

February

Encourage your child to listen to and use language to express ideas

Take time each day to listen to and talk with your child

- While traveling together, encourage your child to talk with you about where you are going and what might happen when you get there.
- At home together turn off the TV and spend a few minutes talking with your child about things which interest him or her.

Involve your child in activities which require listening and following directions

- Give your child directions that involve two steps. Here are some examples:
 - Take off your shoes and put them in the closet.
 - Pick up your plate and put it in the sink.
- Ask your child to do certain things with the object. Here are some examples:
 - Put the ball up in the air and then down on the floor.
 - Let your child tell you some things to do with the ball. Encourage him or her to use words such as under, over, behind, in front of, beside, on top of, etc.

Use pictures to encourage your child to express ideas

- Collect magazine pictures which show action: pictures of children playing together, a family in a car or a team playing a sport, for example.

Read or tell stories which have characters of different sizes

- Read or tell the story "The Three Billy Goats Gruff."
- Have your child show you the pictures of the little Billy Goat, the middle Billy Goat and the big Billy Goat.
- Suggest that your child draw pictures of the "Three Billy Goats Gruff." Notice if he or she draws three sizes of goats.



Each February, the American Dental Association sponsors National Children's Dental Month to raise awareness about the importance of oral health. Check out www.ada.org for free on-line resources and fun activity sheets for children.

Websites:

- www.meddybemps.com

Books to Read with your child:

If You'll Be My Valentine - Cynthia Rylant
He Bear, She Bear - Stan & Jan Berenstain
La Casa Adormecida (The Napping House) - Audrey & Don Wood

March

Enjoy the sounds of language
with your child

Collect materials which focus on rhyming and beginning sounds

- Collect objects or pictures of things that rhyme. Some examples are cat, hat, rock, sock, soap, rope, spoon and moon.
- Collect magazines so your child can cut out pictures.

Read rhymes with your child

- Invite your child to say with you his or her favorite rhymes over and over again. Your child will soon be able to say the rhymes alone.
- Read simple poems with your child. Encourage your child to complete the poem with the correct rhyming word.

Play with rhyming sounds

- Use objects found around the house - such as a sock, ball, and hat. Encourage your child to say a word that rhymes with the chosen object. Accept nonsense words that rhyme as well.

Help your child match letters to objects or pictures

- Ask your child to find the alphabet letter that matches the beginning sound of the word.



Monroe County Transportation Authority (MCTA) is your source for public transportation in Monroe County for 34 years. They offer the public fixed route and shared ride to meet all transit needs. While Pocono Pony buses are known to be green and blue, the new buses introduce the "Horse of a Different Color". Each bus has its own color based "theme". The new buses are equipped with the latest digital technology for public transportation. Meet the new buses! Cocoa, Violet, Sweet Pea, Sunny, Rosie, Azul, Clementine and Midnight. Public transportation is the perfect way to get your kids to summer camp. Many community activities are located on our public fixed route. Please go to our website for more information. www.gomcta.com.

Websites:

- www.poetry4kids.com
- www.transitdriverday.org
- www.pdesas.org

Books to Read with your child:

Time for Bed - Mem Fox
Is Your Mama a Llama - Deborah Guarino
Perro Grande ... Perro Pequeno (Big Dog ... Little Dog) - P.O. Eastman

April

Make math a "hands-on" learning experience for your child

Add to the materials you began collecting in January – materials that can help your child learn more about math

- Items found at home like small boxes that can become garages, barns and caves.

Use the materials you have collected to involve your child in addition and subtraction and "more" or "less" activities

- Pretend you are a zoo keeper. Put 3 animals in one cage and 5 animals in another. Say to your child "Show me the cage that has more animals".

Include addition and subtraction words as you talk with your child

- "You put 4 crayons in the box. Now add 2 more. How many crayons are in the box?"

Tell stories and read books that include math ideas, books in which characters are added or subtracted as the story progresses

- Read a book such as "Five Little Monkeys Jumping on the Bed." As a monkey falls off the bed, ask your child to say how many monkeys are left on the bed.



The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with nearly 80,000 members and a network of over 300 local, state, and regional Affiliates. The purpose of the Week of the Young Child™ is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs. For more information go to www.naeyc.org.

Websites:

- www.ezschooll.com
- www.teachingchildrenaboutmoney.com
- www.allowancesecrets.com

Books to Read with your child:

Five Little Ducks - Annie Kubler
Ten Little Rabbits - Virginia Grossman
Abuelo y Los Tres Osos (Grandfather and the Three Bears) - Jerry Tello

May

Play learning games with
your child

Collect materials for learning games

- Cut out 2 circles, 2 squares and 2 triangles, all the same color and about the same size.
- Make matching pairs of cards with stickers or pictures of animals. For example; cut cardboard in 3" x 3" squares, place a sticker or picture on a card. Make a second card exactly like the first one.

Involve your child in matching activities

- Start with six pairs of matching cards. Use either the cards you have made or the cards you have purchased.
- Shuffle the cards and lay them face up on the table or on the floor.
- Invite your child to find the two cards that match.

Have fun as you play color games with your child

- Play the game by spying different colored objects in your home or outdoors.
- Begin with one color such as red. Say "I spy something red. It's round and you can throw it. What is it?" (red ball)

Play "shapes" and "sizes" games with your child

- Show your child a collection of coins: quarters, nickels and dimes.
- Invite your child to put together all the coins that are the same size.



Make sure your child gets plenty of exercise which can be easy to do by setting up play dates for them with other children. Plan a visit to the new "Crossing Abilities" all inclusive Playground, a project of Pocono Alliance, located in Tannersville, PA at Mountain View Park.

Websites:

- www.akidsheart.com
- www.kidslearningstation.com

Books to Read with your child:

Shapes, Shapes, Shapes - Tana Hoban
Color Farm - Lois Ehlert
Clifford el gran perro Colorado (Clifford the Big Red Dog) - Norman Bridwell

June

Invite your child to think and solve problems

Collect materials which encourage thinking and problem-solving

- Cut out pictures of things that go together and paste each picture on a separate card. Examples of pictures to collect:
 - shoe & sock
 - cup & saucer
 - baseball and bat
 - comb & brush

Involve your child in discovering things that go together

- Begin with real objects:
 - Place the real objects you have collected on a table.
 - Make sure the objects that go together are separated.
 - Ask your child to find the two objects that go together.
 - Invite your child to tell you why the two objects go together.

Play pattern games with your child

- Create a movement pattern and ask your child to repeat it.
 - step, step, jump - step, step, jump
(take 2 steps forward, then jump)

Involve your child in putting pictures in order

- Give your child 3 photos of himself or herself at different ages: baby, toddler and now.
- Ask your child to put the pictures in order, starting with the picture when he or she was the youngest.



For Safety Month it is important to teach your child about staying safe while still enjoying daily activities that can possibly contain hidden dangers. By learning what environments are safe for your family and child, you can help prevent accidents and keep your children healthy and happy. To find out more about teaching your child about safety, as well as safety month, check out the Learning is Everywhere guide – www.papromiseforchildren.com (click on Learning Everywhere Calendar, click on June Activities)

Websites:

- www.edhelper.com

Books to Read with your child:

Brown Bear, Brown Bear, What Do You See? - Bill Martin Jr./Eric Carle
Jesse Bear, What Will You Wear? - Nancy White Carlstrom
Jorge el Curioso (Curious George) - H.A. Rey

July

Help your child know
personal information

Create with your child an "all about me and my family" book

- Help your child make a book by stapling or tying together with yarn blank sheets of paper.
- Help your child create the cover of the book. Use a photo of your child or a picture he or she draws for the cover page.
- Let your child decide on the title of the book and write that on the cover.
- Add your child's name to the cover as the author of the book. Write or have your child write his or her own name on the cover of the book. Include both the first and last name.

Involve your child in adding personal information to the book

- Begin writing a sentence and ask your child to complete it. Add to the sentence what your child says; helping as needed, with items such as height and weight.
- Here are some examples of what to include:
 - My name is _____ (include child's first and last name).
 - Sometimes my family calls me _____ (nickname).
 - I am a _____ (girl or boy).

Help your child add a family section

- Add family photos and help your child decide what to write about each family member in the photo.

Create with your child a section of the book about your family's favorite things

- Go through photos with your child of family events such as reunions, outings, and trips. Select some that are favorites. Add these to the book. With each photo write what your child has to say about the event.
- Let your child use washable markers or crayons to draw pictures of his or her favorite things. Write on the picture what your child tells you about the drawing.



Explore your family history with your child through stories, pictures and documents. Talk to your child about the family unit and the varieties of families that exist. Ask your child what they think a family is and help them gain a sense of identity.

Websites:

- www.kidsaid.com

Books to Read with your child:

Who's in a Family - Robert Skutch
What I Like About Me! - Allia Zobel Nolan
My Family and I/Mi Familia y yo - Gladys Rosa Mendoza

August

Make "going to kindergarten" plans with your child

Support your child's independence

- Make an "I Did It Myself" poster for your refrigerator or for your child's room. Celebrate all of the things that your child has learned to do on his or her own by writing those things on the chart. Here are some examples:
- Put on my shoes • Zip my backpack
- Brush my teeth • Ride my tricycle

Practice going to kindergarten

- Play school with your child. Take turns being the teacher. Ride in the bus or car, read stories, sing songs, draw pictures, play outdoors, eat lunch, and play a game.
- Eat a meal on trays with your child. Encourage your child to carry his or her own tray to the table and return the tray to the kitchen after the meal.

Visit your child's school and preview school activities

- Attend your school's family open house or "meet the teacher day". Here are some things to do when you visit:
- Explore the classroom. Look at the books and materials, find out where the children store backpacks and hang coats.
- Find out about the daily schedule.
- Locate the restrooms and water fountains.
- Look for the cafeteria, the playground, the principal's office, and the nurse's office of your school.

PARENT PAL

As your Child prepares to begin Pre-School or Kindergarten in September, prepare them by beginning routines. Create a checklist together of what should be done before and after school each day. Allow your child to come up with their schedule and then help them figure out what should be added. Go through the list and check them off together each day. An example routine includes:

Before School:

Shower
Get dressed
Eat breakfast
Brush teeth
Pack lunch
Put homework in back pack

After School:

Have after school snack
Do homework
Exercise
Do fun learning activity

Websites:

- www.schoolfamily.com
- www.coolmath.com

Books to Read with your child:

The Berenstain Bears Go To School - Stan & Jan Berenstain
Countdown To Kindergarten - Alison McGhee
Oonde Viven Los Monstrous (Where The Wild Things Are) - Maurice Sendak

September

Read with your child every day

Create a reading area for your child

- Store your child's books in a special place that's easy to reach such as a basket, drawer or on a low shelf.
- Join your child and read together in this special place.

Set aside a special time each day to read with your child

- Read with your child in a special place such as a comfortable chair away from distractions.
- Read your child's favorite books over and over.

Let your child participate in book reading

- While reading a book with your child, talk about the illustrations and information on the cover of the book: for example the title, author (person who wrote the story) and illustrator (person who drew the pictures).
- Ask your child to retell the story in his or her own words.

Give your child a variety of books for reading

- Visit your library with your child and select several books to take home and read. Get a library card for your child.



Get involved in your child's education by volunteering your time in their pre-school or kindergarten classroom. You can also get involved with your child's school by joining the PTO/PTA or attend parent meetings to learn about recent and upcoming events.

Websites:

- www.enchantedlearning.com
- www.scholastic.com
- www.family-stress-relief-guide.com

Books to Read with your child:

If You Give A Mouse A Cookie - Laura Joffe Numeroff
The Runaway Bunny - Margaret Wise Brown
Lyle, Lyle, Crocodile - Bernard Weber
La Oruga Muy Hambrienta (The Very Hungry Caterpillar) - Eric Carle

October



Let your child use school tools such as pencils, markers, crayons & scissors

Gather and organize materials for drawing, writing and cutting

- Help your child select a storage container for drawing and writing materials. Help decorate and label it.
- Decide on some simple rules for your child for using the drawing and writing materials - for example, "Markers may be used at the kitchen table or outdoors." or "Scissors are for cutting paper."

Encourage your child to explore with drawing materials

- Suggest that your child draw pictures in different places:
- In the kitchen while you prepare dinner.
- Draw pictures with your child about family events & experiences.

Support your child as he or she practices using scissors

- Designate appropriate places for your child to use scissors and discuss safety rules.
- Be sure that your child knows how to hold the scissors, how to open and close the blades and how to hold the paper.

Let your child see that written words are a part of daily life



Log onto Pennsylvania's Promise for Children website at: www.papromiseforchildren.com. Click on the Materials Tab under the About Us section. Click on the link titled Pennsylvania's Promise for Children brochure. Read about the PA Promise Declaration. Explore the rest of the resources provided on the website.

Websites:

- www.kidslearningstation.com
- www.heathychildren.org
- www.kidshealth.org

Books to Read with your child:

Harold And The Purple Crayon - Crockett Johnson
The Pencil - Allan Ahlberg
My Crayons Talk - Patricia Hubbard
Buenas Noches Luna (Goodnight Moon) - Margaret Wise Brown

November

Give your child daily opportunities
to use large muscles

Collect safe toys and equipment to help your child develop large muscles

- Make bean bags by partially filling a sock with beans and tying a knot in the sock.

Join your child in active play

- Set up an obstacle course and encourage your child to steer a tricycle through it.
- Draw a hopscotch pattern on your patio or driveway. Show your child how to hop the pattern. Let your child hop according to his or her ability.

Give your child opportunities to use large muscles indoors

- Invite your child to toss bean bags or bean socks into a basket, or a masking tape circle on the floor.

Let your child spend time outdoors and have space and freedom to use large muscles

- Have a safe outdoor place for your child to run and play.
- Hang a basketball hoop low enough so your child can successfully "make a basket".



Election Day allows parents to teach their children about the election process while it is happening. It helps them understand some of what parents and other adults are talking about. Go to www.elections.mytimetovote.com

Websites:

- www.pbs.org/parents
- www.kids.gov
- www.apples4theteacher.com

Books to Read with your child:

Hop a Little, Jump a Little - Annie Kubler
¿Eres mi Mamá? (Are you my Mother?) - P.D. Eastman
Amelia Bedelia's First Vote - Herman Parish
Today on Election Day - Catherine Stier

December



Help your child become aware of letters and words at home and in the community

Help your child recognize his or her own first name in print

- Make a name card for each member of your family. Use an upper case letter to write the first letter of the name and lower case letters for the remaining letters - for example "Matthew".
- Invite your child to watch you write his or her name as you label personal belongings such as coat, sweater and backpack.

Help your child recognize the letters in his or her first name

- Place the alphabet letter magnets that are found in your child's name on the refrigerator or a cookie sheet for your child to play with.
- Place the alphabet letter magnets in a sack or bag. Encourage your child to pull out the letters one at a time and name them.

Give your child opportunities to recognize and name letters of the alphabet

- Read a book and encourage your child to go back and look for a certain letter of the alphabet, such as the "b's" found in the story.

Encourage your child to "read" familiar signs

- Invite your child to "read" road signs and business signs with you as you drive.



Guide your child's learning and growth from the start with the Early Learning GPS (Guiding Parents Smoothly). It helps families set the right course for their children's success in Kindergarten and beyond. Go to www.papromiseforchildren.com click - Help your child grow, click - Early Learning GPS.

Websites:

- www.learningplanet.com

Books to Read with your child:

Eating the Alphabet: Fruits and Vegetables from A to Z - Lois Ehlert
Farm Alphabet - Jane Miller
Elmo's Alphabet Soup - Naomi Kleinberg
El gato en el sombrero (The Cat in the Hat) - Dr. Seuss

Preparing Children for Learning School

Young children begin learning from the time they are born. As a parent, you help your child to become independent, to get along with others, to be happy and strong and to be ready to learn in school. The information below lists important skills that help prepare preschool children for success in school. Use this list as a guide to give your child many opportunities to grow and learn. Skills are divided into categories such as Social/Emotional, Physical, Cognitive and Communication.

Social / Emotional

Personal Self Help Skills:

- Is aware of danger and avoids it (stays away from street, hot or sharp objects)
- Seeks out an adult if hurt or needs help
- Uses bathroom by self and washes hands
- Feeds self independently
- Puts on/takes off outer clothing by self
- Cares for own belongings (hangs up coat, gets shoes from closet)
- Follows healthy habits (covers mouth/nose to sneeze) and washes hands
- Follows a routine for eating meals, bath time, bedtime

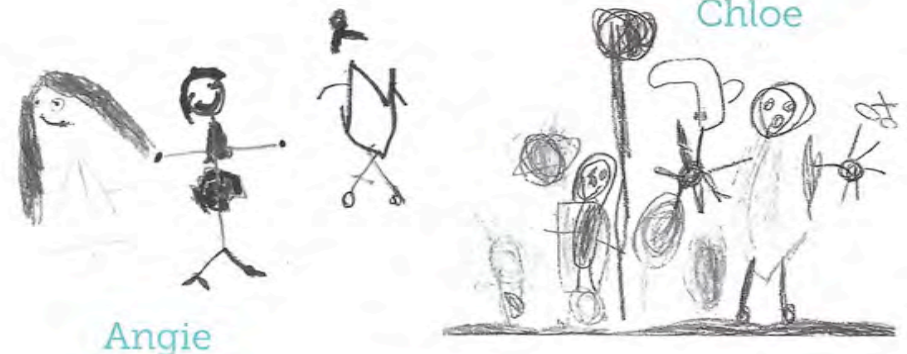
Social Skills:

- Separates from parent with minimal upset
- Tries new tasks knowing it's okay to make mistakes
- Shares toys and materials
- Takes turns with other children during activities
- Puts back toys and materials, cleans up own space
- Understands and responds to the feelings of others
- Uses words instead of being physical when upset or angry
- Accepts direction from adults without problem
- Changes routines and activities easily
- Chooses an activity or toy and stays focused for at least 7 to 10 minutes
- Follows directions with little adult support
- Sits with group and attends to adult presented activity
- Participates with others during a group activity or play

Physical

Physical Skills:

- Walks up and down stairs independently
- Uses riding toys
- Runs, hops, jumps, climbs, kicks
- Cuts or snips with scissors
- Uses adult grasp (between thumb and fingers) on writing tools
- Uses one hand consistently in most activities
- Begins to draw pictures



Remember that play is an important part of learning. Your child learns best when he or she is spending time with you and doing activities which are interesting and fun!

Cognitive / Pre-Academic Skills

Reading Readiness:

- Recognizes some letters of the alphabet
- Recognizes rhyming words such as hat and cat
- Recognizes letters in his or her own first name
- Begins to write some of the letters in his or her first name
- Recognizes his or her own first name in print
- Recognizes words or signs he or she sees often: for example, McDonald's, Wal-Mart or stop signs and exit signs
- Shows an interest in read aloud stories
- Holds and looks at books correctly: for example, holds the book right side up and turns the pages one at a time from front to back
- Retells a simple story such as The Three Little Pigs after listening to it while looking at the pictures in the book
- Matches two pictures that are alike
- Tells things that go together: for example, a spoon and a fork are for eating and a fish and a boat go in the water
- Puts three pictures in correct order of first, next, last (for example: seed, plant, flower)

Math Readiness:

- Counts from 1 to 10 in correct order
- Recognizes and names numerals 0 to 5
- Counts at least five objects such as five bananas and five apples
- Sees the numeral three and counts three objects such as three apples
- Identifies sets of objects as being equal, more or less
- Recognizes and names four shapes: circle, square, triangle, and rectangle
- Recognizes how things are alike and different

Communication Skills

- Speaks in complete sentences of four to six words
- Follows directions with at least two steps
- Actively participates in conversation
- Learns and uses new words every week
- Listens attentively to stories and conversation
- Makes eye contact when speaking
- Asks questions about things around him/her
- Answers 'what', 'where', 'who' questions
- Speech is understood by most people

Math Readiness:

- Understands words such as "top" and "bottom" and "big" & "small"
- Looks at groups of objects and says which are the same shape, color or size
- Repeats a pattern started, for example:
step, step, jump - step, step, jump
shoe, sock, shoe - shoe, sock, shoe

Aleah



Emma



Hunter

