

When I DRAW, PAINT, COLOR:

- ❖ I learn about lines and colors and shapes and how things feel.
- ❖ I can share my thoughts and feelings.
- ❖ I feel good about making something myself.
- ❖ I use my imagination.
- ❖ Experiment with how different colors and shapes are made.
- ❖ I learn to tell stories and use words to talk about my artwork.



How you can HELP me learn:

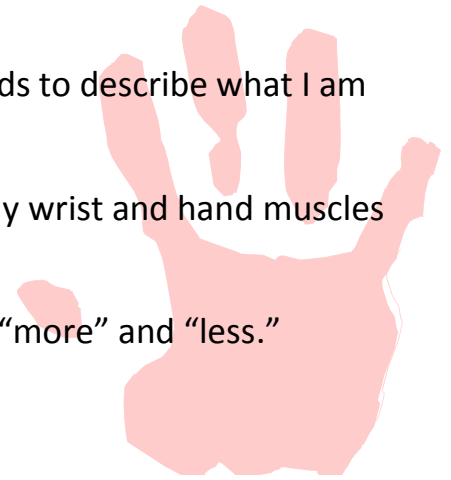
- ❖ Let me decide what to make.
- ❖ Help me find markers and brushes that fit my hand and skills. When I'm very young, I need thick markers. With practice, I will learn to use thinner markers.
- ❖ Praise me for my effort. Ask if you can help me write my name on my creation. Display my art work so our family can enjoy it.
- ❖ At home, give me markers, crayons and paper. Take time to draw, scribble and write with me.

Drawing, painting and coloring develop my eye-hand coordination so that I'm ready to start writing words when I start school.



When I play with **WATER/SAND/TEXTURES**:

- ❖ I learn about cause and effect.
- ❖ I learn how to look, listen, smell, and feel and use words to describe what I am experiencing.
- ❖ I pour, scoop, measure and weigh which strengthen my wrist and hand muscles for writing.
- ❖ I learn basic math ideas, like “empty” and “half full,” “more” and “less.”
- ❖ I discover new ways to calm, soothe or relax myself.



How you can **HELP** me learn:

- ❖ Encourage me to experiment. Give me time to get used to a new texture.
- ❖ Ask me to describe how the sand or water feels, looks, and sounds.
- ❖ Ask me questions such as “What happens when we pour the water from this big cup into the little cup?”
- ❖ At home, give me measuring cups, spoons, bowls and other things to make bath time fun and interesting. When we’re outside, give me a plastic tub filled with water, bubbles, sand, leaves or rocks.

Playing with sand and water helps me learn math and science skills such as cause and effect, more and less and builds my curiosity about how things work so that I’ll be eager to learn at school.



When I play with PLAYDOUGH:

- ❖ I make my fingers and hands strong, which help me when I learn how to write.
- ❖ I learn to be creative and make pretend objects.
- ❖ I explore the many ways that play dough can be used: stretched, rolled, squeezed, mashed, pressed.
- ❖ I learn about shapes and colors and different textures.



How you can HELP me learn:

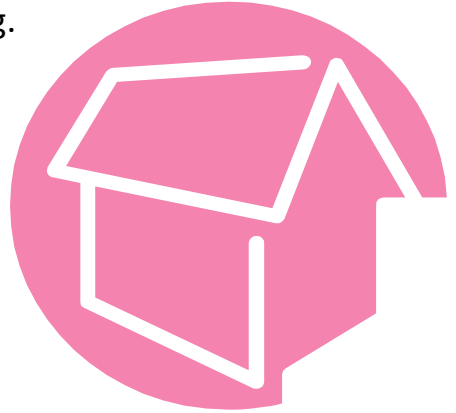
- ❖ Make and name different shapes with me.
- ❖ Talk with me and show me how to experiment with different utensils with the play dough.
- ❖ Ask me about how the play dough feels and smells. Teach me some new words to describe the play dough.
- ❖ At home, give me some play dough and kitchen utensils. We can even make play dough together!

Playing with play dough helps me be ready for school by strengthening the muscles in my hands that I will use for writing words.



When I play 'HOUSE' or 'DRESS UP':

- ❖ I practice talking and sharing my thoughts and feeling.
- ❖ I solve problems and share toys with other children.
- ❖ I learn how other people think and feel.
- ❖ I use everyday objects in new and imaginative ways.
- ❖ I reenact stories and relationships I am familiar with.



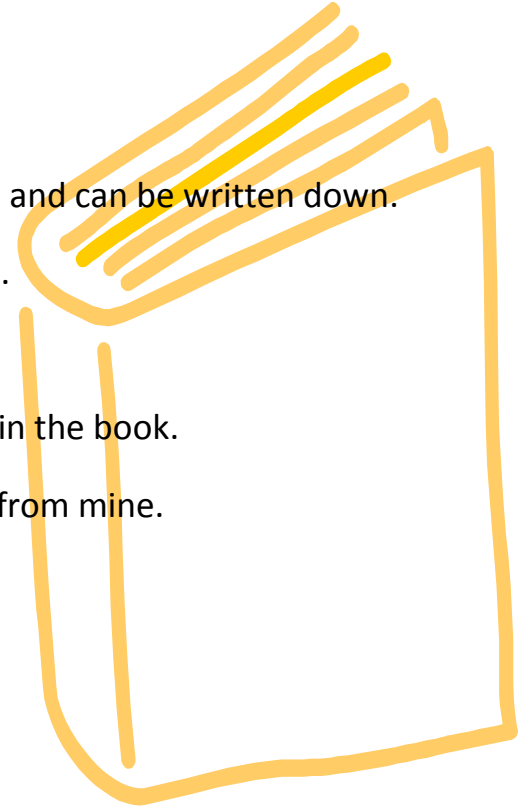
How you can HELP me learn:

- ❖ Pretend with me. Let me lead the playing by giving you a role.
- ❖ Ask me questions and talk to me about what I'm pretending. For example: "What are you making for dinner?" or "This soup is delicious."
- ❖ Help me share and take turns with the other children while we play.
- ❖ At home, give me used kitchen utensils and clothing, stuffed animals and other things for pretend play. Help me make a house or cave with a large cardboard box or bed sheets and chairs.

When I pretend with others, I learn how to talk, take turns and share with other people. These are important social skills I need for school.

When I look at **BOOKS** and listen to **STORIES**:

- ❖ I learn new words.
- ❖ I learn that the words you say are made of letters and can be written down.
- ❖ I use my imagination and learn how to tell stories.
- ❖ I learn how to take care of books.
- ❖ I think about the characters' feelings and actions in the book.
- ❖ I am exposed to cultures and customs that differ from mine.
- ❖ I learn about beginning, middle and end.
- ❖ I learn that you care about me.



How you can **HELP** me learn:

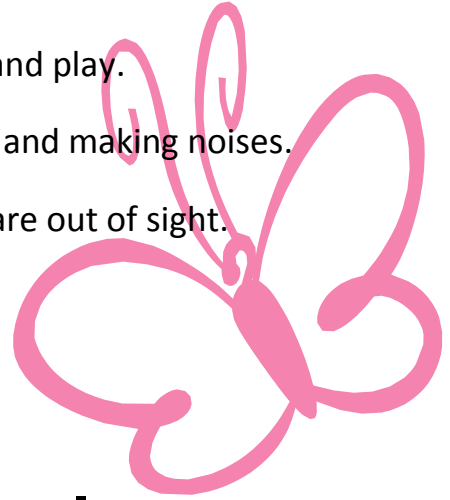
- ❖ Ask me to choose the book and turn the pages.
- ❖ Point out words and letters. Run your fingers underneath the words as you read to help me learn how letters and printed words work.
- ❖ Ask me questions as we read. For example: "What do you think is going to happen next?" or "Does the boy look sad or happy in this picture?"
- ❖ At home, read with me every day. Take me to the library to check out books. Use the book's pictures to make up a story with me.

When you make reading with me enjoyable, I get excited about learning to read when I start school.



When we play PEEK-A-BOO:

- ❖ I see that you enjoy being with me when you laugh and play.
- ❖ I learn to communicate by wriggling, kicking, smiling and making noises.
- ❖ I learn that people and things exist even when they are out of sight.
- ❖ I test my new knowledge by doing it over and over.



How you can HELP me learn:

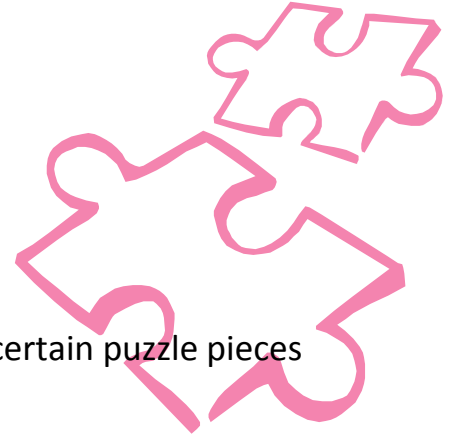
- ❖ When we play peek-a-boo, smile and laugh when you see me.
- ❖ When you hide your face from me, move a little to the left or right. This gives my eyes practice in following you.
- ❖ Hide my face with a scarf or blanket and ask, “Where is baby?”
- ❖ At home, show older children in our family how to play peek-a-boo with me. When I get older, play hide-and-seek with me, by hiding behind a chair or pillow.

Playing peek-a-boo helps me understand that people and things exist even though I can’t see them. This helps me know that when you leave me at school, you will come back to get me.



When I play with PUZZLES:

- ❖ I use my hands and eyes together.
- ❖ I solve problems.
- ❖ I learn about patterns and how things fit together.
- ❖ I learn about shapes and how to match.
- ❖ I practice using my fingers.
- ❖ I am developing memory skills by remembering where certain puzzle pieces belong.



How you can HELP me learn:

- ❖ Be patient and give me time to figure it out on my own.
- ❖ Give me hints such as talking about shapes, colors and patterns in the pieces to help me find where the pieces go.
- ❖ If I get frustrated, give me suggestions to handle my feelings. For example, “I noticed you’re frustrated. Would you like to take a break and come back to the puzzle later?”
- ❖ At home, make puzzles and matching games for me with pictures from magazines and family photos glued to cardboard.

Playing with puzzles helps me be ready for school by developing my patience, focus, and problem-solving skills.



When we have **TALKING TIME**:

- ❖ I learn how to take turns when we talk.
- ❖ I understand that you are interested in me when you listen to and repeat what I say.
- ❖ I learn new words when you talk and sing to me.

How you can **HELP** me learn:

- ❖ Hold me so I can see your face so I can see how to make the sounds that words are made of.
- ❖ Talk about things I can see, hear and touch. Shake a rattle, give me a finger to grab, show me a teddy bear.
- ❖ Imitate the sounds I make. This tells me you are listening.
- ❖ Talk with me in your language. I can learn more than one language.
- ❖ At home, talk and sing to me throughout the day. For example, as you help me get dressed explain “I’m putting on your yellow socks.”

When you talk with me as an infant and throughout my childhood, you help me learn to speak and listen which are skills I will need when I start school.



When I play with BLOCKS:

- ❖ I learn to work with others by working in groups to build an object.
- ❖ I develop my muscles and eye-hand coordination by reaching, stacking and arranging blocks.
- ❖ I learn basic scientific ideas, such as balance and cause and effect (e.g., building up and knocking down a tower).
- ❖ I use my imagination to create buildings and other objects in my world.
- ❖ I learn new words to describe the size, shape and position of my blocks.
- ❖ I explore math skills by counting “how many” or making patterns with the different shaped blocks.

How you can HELP me learn:

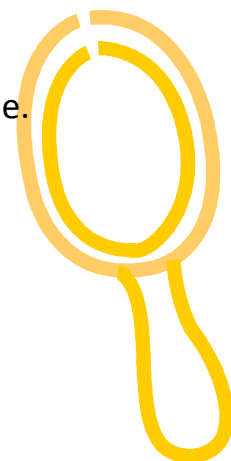
- ❖ Notice and talk to me about what I’m doing. For example, “You’re building a very tall tower! How many blocks do you need to make a tower as tall as you?”
- ❖ Talk with me about the blocks’ shapes. Show me how I can sort the blocks by shape - circle, square, triangle.
- ❖ Help me learn about numbers by counting how many blocks are in my building.
- ❖ At home, give me blocks, shoe boxes, milk cartons, and other things to build with. Play games with me to point out the different shapes of things we have in our home.

Playing with blocks helps me learn about shapes and numbers which are early math skills I need when I start school.



When I PLAY THE MIRROR GAME with a mirror or your face:

- ❖ I see what different emotions look like on our faces.
- ❖ I learn that you understand my feelings when you mirror them back to me.
- ❖ I learn new words when you point to my eyes, ears and nose.



How you can HELP me learn:

- ❖ Point out and name my nose, eyes and mouth.
- ❖ Comment on my facial expression. For example, “Look at that big smile! You look very happy.”
- ❖ Play peek-a-boo with my reflection by covering the mirror with a scarf or your hand.
- ❖ At home, hold me so I can see your face. Make silly faces and wait for me to copy you.

Looking at myself and at your face helps me understand how our faces show feelings. This will help me recognize the feelings of other children when I start school.



When I lay on my TUMMY with you:

- ❖ I stretch my body and build strong muscles.
- ❖ I use my hands and eyes to grab a toy or your hand.
- ❖ I learn you are there to comfort me when you stay close and pick me up when I cry.



How you can HELP me learn:

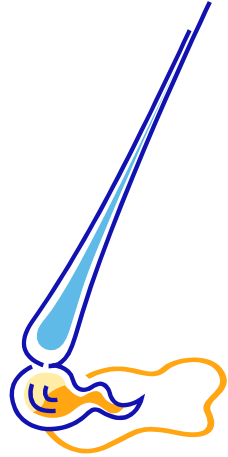
- ❖ When I'm a newborn, lie down and put me on my tummy on your chest.
- ❖ When I'm a bit older, put me on a firm surface, like the floor or your bed.
- ❖ Get down on the floor with me and talk and laugh with me. Put a toy just out of my reach so I can practice grabbing.
- ❖ At home, give me time each day to be on my tummy. Remember that I need to sleep on my back.

Tummy time lets me build my muscles and get strong. This gives me a great start so that by the time I start school, I have a strong, healthy body.



When I explore ART:

- ❖ I learn about shapes, colors and patterns.
- ❖ I learn early math skills, such as more or less. For example, the amount of glue I need for different sizes of paper.
- ❖ I develop the small muscles of my hands and practice using my fingers.
- ❖ I learn to tell stories and use words to talk about my artwork.
- ❖ I learn about cause and effect. For example, if I mix paint colors together, I create a new color.



How you can HELP me learn:

- ❖ Understand that sometimes I like to experiment with the art supplies and am not making anything in particular. Say “Tell me about what you’re working on” instead of asking me what I’m making.
- ❖ Notice something about my art and encourage me to talk about it. For example, “I see you used a lot of green. How did you decide which colors to use?”
- ❖ At home, display my art for everyone to enjoy. Provide me with a variety of things I can use to make art, such as paper and fabric scraps, cardboard boxes, paints, markers, glue, tape, and scissors.

When I make art using my imagination, I feel capable and proud of my accomplishment. This builds the self-confidence I need at school to try new things.

