



Literacy and Language

Important Skills

- Engages in conversations and tells short stories.
- Listens and follows directions.
- Learns new sounds, letters and words each day.
- Rhymes words and sings songs.
- Scribbles, draws pictures, and writes some letters.

How to develop the skills

- Read to your child every day and have books within easy reach.
- While reading, follow your child's lead and stop to discuss the story.
- Show your child how to read a book from front to back, left to right.
- Take your child to the local library and look for story times and other programs.
- Say a word to your child, have him/her think of rhymes. Be open to silly rhyming words.
- Draw pictures and talk about them.
- Find all the things around your house that begin with the same letter.
- Find animals that begin with the first letter of your child's name.
- Help your child to write his/her first name.
- Sing the alphabet with your child.



Learn more:

Colorado Early Learning & Development Guidelines

EarlyLearningCo.org

Douglas County Early Childhood Council

DCEarlyChildhood.org



Each child is unique and learns at his or her own pace. However, there are things that all families can do to make sure that their child arrives at kindergarten prepared and ready to succeed!

Arrive with Five

- **Literacy and Language:** helps young children express ideas, listen, read and write.
- **Math and Science:** helps young children learn about numbers, patterns and nature.
- **Social Skills and Relationships:** helps young children build self confidence, self control, and get along with others.
- **Approaches to Learning:** helps young children build enthusiasm, curiosity, and creativity.
- **Health and Wellness:** helps young children develop a healthy mind and body for a lifetime



Social Skills and Relationships



Important Skills

- Learns and uses feeling words such as happy, sad, mad, frustrated, disappointed, excited.
- Knows how to re-focus, calm down and bounce back.
- Makes friends and plays with other children.

How to Develop the Skills

- Talk with your child about friendship and family.
- Read books that describe different emotions and talk about them.
- Have your child make faces that show different feelings (sad, happy, angry, etc.).
- Have your child describe his/her own feelings.
- Create a play box with clothing, hats and inexpensive items to use for imaginative play.
- Talk with your child about traditions.
- Have your child invite a friend over to play.
- Find opportunities to problem solve, such as sharing a toy.
- Celebrate accomplishments even if they're small.
- Model ways to handle frustration calmly.



Math and Science



Important Skills

- Counts and uses number words such as same/different, more/less, all/none.
- Asks questions, guesses, finds answers about everyday things in his/her environment.
- Matches, sorts, and groups objects.
- Compares shapes and sizes.
- Learns to recognize numbers.
- Builds with toys and objects to make three dimensional structures.
- Learns to recognize and name coins.

How to Develop the Skills

- Count grapes, apple slices, orange slices, etc.
- Count objects like blocks, crayons, etc.
- Play games that include matching, sorting and counting
- Put on music and dance or clap your hands to the beat
- Look for squares, circles, rectangles and numbers inside and outside.
- Draw a picture with your child and cut it up, making your own puzzle.
- Do simple experiments such as sink/float, melt/freeze, and mixing colors.
- Build towers, bridges, and ramps with blocks, cubes, and boxes.
- Watch dance performances and learn steps to simple dances, such as The Bunny Hop. Notice the patterns and rhythms.
- Use play money and pretend to shop.
- Draw a simple map of child's bedroom and talk about the placement of items.



Approaches to Learning

Important Skills

- Starts and finishes an activity.
- Tries new things.
- Willing to take a risk and make a mistake.
- Thinks of a solution to a problem.
- Desires to be independent.
- Maintains attention and listens to others.
- Works cooperatively in a group setting.

How to Develop the Skills

- Ask your child to set the table.
- Ask your child to help make a grocery list.
- Let your child choose what's for dinner.
- Make music together using kitchen utensils.
- Ask your child to mist your houseplants with a plant sprayer.
- Perform a puppet show.
- Play follow the leader and hide and seek with your child.
- Ask your child specific questions about the day, such as "What did you have for lunch?" and "What do you want to do tomorrow?"
- Play with puzzles, art projects and games that encourage your child to sit for 5 to 8 minutes.
- Practice two-step directions, such as take off your shoes and put them in the closet.
- Look for community art, such as outdoor sculptures, paintings in the public library, and talk about how they were made and how it makes us feel.
- Count objects like blocks, crayons, and grapes.



Health and Wellness

Important Skills:

- Cares for self (brush teeth, wash hands, dress).
- Has a regular bedtime and bedtime routine to promote 8 to 10 hours of sleep each night.
- Makes healthy choices by trying a variety of nutritious foods.
- Participates in daily active play with limited TV/ computer time.
- Makes safe choices, such as following safety rules (crossing streets), wears helmet, uses seat belt/car seat.
- Stays current with well-child checks, immunizations, and dental visits.

How to Develop the Skills:

- Plan relaxing activities like a bath or story 45 minutes before bedtime.
- Involve children in shopping and meal preparation.
- Encourage fitness by doing some of these activities every day: jump, hop, run, yoga, hike, ride bikes, kick and throw balls.
- Have your child act out how different animals move.
- Make a nature collage with things found outside.
- Find healthy green (or other color) foods, set up taste tests with healthy foods and talk about which is a favorite.
- Play outside, take a walk, go to the park, and visit recreation centers.
- Plant a garden together.
- Have a picnic together, let your child serve him/herself.