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 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.

Litctacy and Language
• 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 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.
- 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 rest 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.
- Plant a garden together.
- Have a picnic together, let your child serve him/herself.

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.
- 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.
- 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.