

PRESCHOOL

Ensure That Your Child Is Ready to Learn

Make sure your child's:

- ✓ Physical needs are met with a healthy diet, enough sleep and rest, exercise and good medical care;
- ✓ Social and emotional needs are met;
- ✓ Confidence, independence and cooperation skills are built;
- ✓ Discipline is appropriate and consistent;
- ✓ Play is stimulating;
- ✓ Questions are answered;
- ✓ Caregiver or preschool teacher has books to read to your child and does read to your child every day; and
- ✓ Day is filled with different learning activities.

You also can be part of your child's educational experience by teaching and reinforcing the skills your child needs and enhancing those taught in the classroom. Using the following checklists, you can help your child be a successful student from preschool through high school.

Know what your preschooler needs.

Babies need:

- ✓ Loving parents or caregivers who respond to their cries or noises;
- ✓ To feel safe and comfortable;
- ✓ To hear and make sounds;
- ✓ To move around;
- ✓ To be able to play in safe areas; and
- ✓ To play with safe toys.



Toddlers need:

- ✓ Activities that allow them to use their muscles;
- ✓ To experience their senses and develop language skills;
- ✓ To work with their hands;
- ✓ To learn to do things for themselves;
- ✓ To play with other children;
- ✓ To continue to learn about their movements;
- ✓ To build their vocabulary;
- ✓ To learn about their surroundings; and
- ✓ Opportunities to make choices within limits that you set.

Introduce babies and toddlers (birth to 2 years) to language.

- ✓ Talk to your baby or toddler often. Talk to your infant during feeding; look at family photographs and tell your child about the pictures; or tell the baby what you see out the window—a bird, bus, cars.
- ✓ Show your baby things, name them and talk about them.
- ✓ Encourage babbling or your toddler's trying to say words.
- ✓ Sing songs and read nursery rhymes.
- ✓ Read aloud each day, even if it's just for a short time.
- ✓ Have your child handle books—books made especially for babies or toddlers, such as interactive books (lift-the-flap or touch-and-feel). This will help your child with motor skills and language development.

Introduce young children (3-5 years) to language.

- ✓ Talk to your young child often and encourage your child to speak by asking questions and talking about what happened during the day.
- ✓ Show your child new things, making sure you name them, and teach your child new words every day.

Every child is different. Know your child's unique talents, skills, abilities and special needs. Children can enjoy learning and possess a healthy curiosity. Take advantage of learning opportunities. Use the checklist as a guide to lead your child to success.

- ✓ Read aloud each day, even if it is just for a short time.
- ✓ Teach your child the alphabet.
- ✓ Check your local public library for books made especially for 3- to 5-year-olds.

4- and 5-year-olds need:

- ✓ More books, games and songs;
- ✓ Chances to do science, math and art activities;
- ✓ To build their self-reliance and language skills; and
- ✓ To become aware of the world and people around them.

