



Child Development and School Readiness





Firsts

From the moment of conception, life is full of firsts. From the first kick to the first smile, first step; and even first date, kiss and college class. How can we be sure our children are experiencing their firsts when they should? Healthy development is something we all worry about. This packet will explain some basics about when those first moments will happen.

Pregnancy

You're expecting! This is the time your child goes from two cells to a human being! Keep on schedule with your doctor and stay healthy!

Birth - 3 mo.

Your baby is discovering the new world. Big steps include lifting the head, the first smile, making the first sounds, and best of all, the first laugh.

4 - 6 mo.

Your baby is now starting to roll over, sit up, eat solid foods(if okayed by pediatrician), reach for and grab things, and even get those first teeth.

7 - 9 mo.

Your child is crawling, trying new foods, babbling, and the most fun- playing peekaboo!

10 - 12 mo.

This is when you will see your child understand your words, speak their first words, and celebrate a first birthday.

13 - 18 mo.

These months are full of exploration and learning. Your child will be taking first steps, using a cup, playing with books and scribbling, recognizing and moving objects, and understanding.

19 - 24 mo.

Approaching the "terrible two's"- your child will be running around, playing ball, and most difficult-testing their new-found autonomy. Remember, in this stage, children are just discovering the exciting part of movement, not intentionally trying to get into trouble. Be patient and firm so your child understands there are limits to their freedom.

3 Years

The two word sentences are becoming more complex. This is the stage where your child will start sorting objects by shape and color and become a great climber.

4 Years

Your child can start to ride a tricycle, and is drawing simple shapes. It's the year to start preparing for Kindergarten. Help them learn their letters and numbers too!



5 Years
At this age, your child should know their name and address. They should also be able to count to 10 or more, and can dress themselves.



School Age
So many things happen during their school years. Your child will be socializing, learning to read, write, draw, and understand mathematical equations. This is when they will gain the educational foundation for lifetime success.

Age Appropriate Activity Ideas

Pregnancy
Healthy mommy = Healthy Baby. Exercise is the best thing for the developing baby and will minimize the uncomfortable pregnancy symptoms.

Birth - 3mo.
Massages Bond with Child: In a warm and quiet room, gently but firmly massage the baby's bare skin. Babies will love this!

4-6mo
Tummy Time Builds Muscle: Lay your baby on their tummy for short periods of time. It builds strength used for sitting, rolling, and so much more!

7-12 mo
Fruit and Fun: As they explore by touch, help them taste new foods as well. Give child dices of seedless fruits for squeezing and tasting. This is a fun and healthy way to learn!

2 Years
Chase: Toddlers love running around. A great way to wear them out, get exercise yourself, and have fun bonding is to play chase. See if they can catch you, or try to catch them. Even add elements of pretend (like superhero/villain).

4 Years
Paint, Sand, and other craft items are the key to creative play! Get a big box, poster board, or large paper and let your child create anything they would like with the items. Encourage imagination and let them explore their own minds- this strengthens autonomy and builds free thinking.

13-24 mo
Sensory Play: Playdough
1 C. Flour
 $\frac{1}{4}$ C. Salt
 $\frac{1}{2}$ C. Water
Food Coloring
1. Mix together flour and salt.
2. In another dish, mix water and food coloring.
3. Slowly pour water into flour mixture, stirring as you go.
4. Knead until it's all mixed. Add flour as needed until the dough isn't sticky.



You can help your child be school ready by doing little things like counting their Cheerios, reading, measuring food for dinner, and making shapes with playdough etc.....

Find Out How Children Learn

What you do with and say to your child makes a big difference, so it is important to know how children learn.

Babies begin to learn even before they are born! Find out what your baby learns in each month of his very first year.

Each child develops at his own pace, but there are milestones that most children reach. If you know what **developmental milestones** to look for, you will know what changes and accomplishments to expect as your child grows.

When children are healthy and safe, they are able to focus on learning and developing the skills they need to succeed in school. There are many ways that a child's **health affects school readiness**.

Help Your Child Learn

Your child is learning all the time. Simple, everyday activities and routines at home, like mealtime, are perfect chances to help them learn important school readiness skills, including social-emotional skills, language and literacy skills, thinking skills (math), and physical skills. They also help him learn how to learn.

There are many ways you can help your child **learn while having fun** doing everyday activities at home and in your community.

When you read, sing, and talk with your child, you are helping her learn about language and the world around her.

When your child has a **healthy mouth** she's able to learn and grow to her greatest potential.

Partner with Head Start Staff to Measure and Follow Your Child's Progress in Learning

You know your child best. You know what they can do well, what they're learning to do, and what they can't yet do. It is important for you to share this information with Head Start staff so you can work together to set goals for your child and measure her progress towards those goals. Your child's developmental progress is measured in Head Start and families are involved in the process!

Your child's Head Start program screens children to see if they are reaching milestones according to their age. **Developmental screening** can also help you find out if your child needs additional help so he develops to his greatest ability.

If your child has special needs, you can work with her school to develop an **Individual Family Service Plan (IFSP)** or **Individual Education Plan (IEP)** that best meets her particular needs. As a partner with the school, you can build the foundation for her education and future success.



Get Involved with Your Child's Head Start Program

Children whose families are actively involved in their education do better in school. There are many ways Head Start families can be involved. You can share your culture with the children and help teachers and caregivers prepare. You can organize family events, help with center committee meetings, or become a member of Policy Council. These resources provide ideas on how you can be involved in your child's program.

Activity

Activity: Now is the time to start looking into Kindergarten Registration and scheduling an appointment to have your child tested. Call your elementary school and ask for details. If you are not sure what school they will attend, you can contact your school district.

Father/Male Engagement: With this month focusing on Child Development, go outside and kick a ball around while you work on your child's gross motor skills.



RESOURCES

Children seem to grow up way too fast! Remember that if you feel something is off with your child's development, talk to your pediatrician! Early intervention is the key to preventing lifelong struggles for your child.

<https://www.whattoexpect.com/>

The Family Place

<http://thefamilyplaceutah.org/>

Respite and emergency child care, parenting classes, child abuse/neglect prevention and counseling services.

Family Information & Resource Center

<http://www.loganfamilycenter.org/>

50 S 400 E

Logan, UT

(435) 755-5171

Storytime, free training videos to check out, toys, books, workshops, literacy program and more.

Family Institute of Northern Utah

<http://finu.org/>

175 E Pioneer Ave.

Logan, UT

(435) 752-1976

Child/Parenting groups, classes, and counseling services.

Baby your Baby

<http://www.babyyourbaby.org/>

Prenatal assistance, low cost immunizations, birth control, family planning. Must qualify.

What to Expect

<http://whattoexpect.com>

Website with parenting and developmental information and tips.

Up-to-3 Early Intervention

<http://upto3.org/>

6810 Old Main Hill

Logan, UT (435) 797-3727