QUALITY STARTOC
Our kids, our community, our future

Ready for School

Tips for Families With Young Children
Ages 3-5 years old



Social-Emotional Readiness

- Teach your child about feelings of happiness, sadness, etc., and encourage them to use words to express their feelings and reactions throughout the day.
- Give your child time to play alone and with others to support their ability to solve problems, increase their ability to focus, and build their ability to take turns.
- Follow a regular schedule with your child to give them a sense of order and help them feel comfortable in organizing their time, things that are important, and expectations.

Language Readiness



- When your child is speaking, show them you are interested in what they have to say and give them enough time to respond to your questions.
- Have frequent conversations with your child, ask them questions that require more than one word answers, and talk more about what they have said.
- Give your child simple, step-by-step directions to follow such as, "Get your shoes on and meet me by the door."



Reading Readiness

- Set aside time every day to read books, stories, or poems that are appropriate for your child's age to encourage enjoyment in reading.
- Ask questions during and after reading a story.
- Draw your child's attention to letters, words, signs, and logos they see around them.

Physical Development Readiness



- Stimulate your child's large motor skills by playing games such as tag, throw and catch games, hopscotch, and jump rope.
- Build your child's fine motor strength and coordination, by giving them opportunities to independently get dressed, eat with utensils, and write with crayons, pencils, or markers.



Math Readiness

- Build something together that involves measuring, counting, adding, and multiplying.
- Have your child count objects regularly, such as counting the number of steps on a flight of stairs or the number of red cars you see while driving.
- Practice recognition of different shapes. For example, have your child spot things that are triangular, like pieces of pizza or the roof of a house, or rectangular, like paper money.

Children's Learning and Development

What knowledge and skills should my child have around 48 months of age? The following foundations are goals for learning that, when supported, most children often reach during the preschool years.

Social-Emotional Development

- Needs adult guidance in managing their attention, feelings, and impulses and shows some effort at self-control.
- Enjoys learning and is confident in their abilities to make new discoveries although they may not continue to try to solve more difficult problems.
- Participates in group activities and is beginning to understand and cooperate with social expectations, group rules, and roles.
- Demonstrates concern for the needs of others and people in need of help.

Language and Literacy Development

- Speaks clearly enough to be understood by familiar adults and children.
- Recognizes the first letter of their own name.
- Understands and uses longer sentences that combine two to three phrases or ideas to communicate.
- Writes using scribbles that are different from pictures.

Physical Development

- Begins to toss a ball underhand, using one or both hands.
- Climbs up and down the ladder of a large outdoor play structure.
- Strings big beads using one hand to hold the string and the other hand to put beads on.
- Cuts shapes by cutting with scissors with one hand and holding paper with the other hand.

Mathematics Learning

- Says numbers in order from one to ten with increasing correctness.
- Understands that adding to (or taking away) one or more objects from a group will increase (or decrease) the number of objects in the group.
- Tries to create a simple repeating pattern or participate in making one.
- Identifies simple two-dimensional shapes, such as a circle and a square.

Resources

1. *24–36 Months: Social-Emotional Development.* (2010, February 22). Zero to Three. https://www.zerotothree.org/resource/24-36-months-social-emotional-development/
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3. California Department of Education. (2008). *California Preschool Learning Foundations (Volumes 1 & 2).* California Department of Education.
4. Galuski, T. (n.d.). *Ready or Not Kindergarten, Here We Come!* NAEYC. https://www.naeyc.org/our-work/families/kindergarten-here-we-come
5. Kielty, M., Sancho Passe, A., & Mayle, S. R. (2013). *Transitions to Kindergarten.* NAEYC. https://www.naeyc.org/resources/pubs/tyc/feb2014/transitions-kindergarten
6. Linder, S. M., & Eckhoff, A. (2020). *Breaking Down STEAM for Young Children.* NAEYC. https://www.naeyc.org/resources/pubs/tyc/feb2020/breaking-down-steam
7. *Tips for Promoting Social-Emotional Development.* (2010, February 21). Zero to Three. https://www.zerotothree.org/resource/tips-for-promoting-social-emotional-development/
8. *What Are Social and Emotional Development Milestones?* (n.d.). First 5 California. https://www.first5california.com/en-us/articles/what-are-social-and-emotional-development-milestones/
9. What is TK & Kindergarten? (n.d.). First 5 California. https://www.first5california.com/en-us/articles/what-is-tk-and-kindergarten-preschooler/

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