

# EVERY DAY IS A GREAT DAY FOR YOUR CHILD TO LEARN

**3-5**  
Years

Simple things you can do to help get your child ready for kindergarten. An introduction to the Minnesota Early Childhood Indicators of Progress.



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## About the Minnesota Early Childhood Indicators of Progress:



The Minnesota Early Childhood Indicators of Progress (ECIPs) show you learning goals for infants, toddlers and preschool age children. High-quality early childhood programs use the ECIPs in their classes for young children. The ECIPs are what is expected for children to know and do at each age and lead to what is expected of children at kindergarten entry. As a parent, you play an important role and you can use this information to help your child learn and be ready for school. For more information, see the resources page at the end of the guide.

\* The full ECIPs can be found at: <http://education.state.mn.us>

### This guide will help you:

- Learn more about preschool development and learning.
- Do simple things with your child to support her learning and development.
- Share and discuss your child's learning and development with her caregiver, early childhood teacher, or other family members.

### Studies show that:

- Families are a child's first and most important caregivers and teachers.
- Physical growth and development supports learning. Make sure to take your child for well-child exams, dental exams and shots on the schedule your health care provider recommends. Make sure your child's hearing and vision are checked, at a pre-school screening or by your health care provider.
- Families, cultures, communities and other factors influence your child's learning and development.
- Loving care helps to build trusting relationships.
- Your child grows and changes quickly — this is an important and exciting stage in development as children learn and practice many new skills.
- Many skills are developing all at the same time.
- Young children can do a lot.
- Children develop in known patterns but at their own speed.
- Children of the same age are often at different places in their learning. Knowledge of how children grow, develop and learn is important in setting goals.
- Your young child learns through play by exploring her world alone, with you and with others.

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#### AREAS OF LEARNING:

Social and Emotional  
Ways Your Child Learns

Language and Communication  
Creativity and the Arts

Math, Science, and Thinking  
Muscle Development

## AREA OF LEARNING:

# SOCIAL & EMOTIONAL



Help your child adopt a healthy sense of her own abilities, characteristics, likes and dislikes and show her how to interact with others. Your child will learn about making friends, solving conflicts, and playing and working together in groups.

- \* Trust and Emotional Security
- \* Self-Control
- \* Self-Awareness
- \* Relationships

## How you can help:

- Make sure your child has warm, loving relationships.
- Create a safe place for your child to talk to you about feelings and challenges without harsh consequences for making mistakes.
- Think about what your child likes to do, and suggest activities to support her.
- Try new things with your child by sharing and learning together.
- Help your child practice listening and talking to others in a social setting.
- Respond to comments or questions from your child about differences among people in a factual, positive way.
- Teach your child about her culture and the culture of others and encourage your child's understanding of differences.
- Talk with your child about how she feels and how others might be feeling. Teach your child to express his or her emotions appropriately.
- Be a good example to your child when interacting with others.
- Set limits for your child and guide her so she can live within those limits.
- Allow your child to make reasonable choices so she can learn to set limits for herself.
- Help your child problem solve when she encounters a challenge. Encourage your child to help others.

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## AREA OF LEARNING:

# WAYS YOUR CHILD LEARNS



Pay attention to the attitudes, behaviors and learning styles your child uses. It's not just about how your child learns, but also how to encourage positive attitudes.

- \* Curiosity
- \* Risk-Taking
- \* Imagination and Invention
- \* Persistence
- \* Thinking and Interpreting

## How you can help:

- Stay positive when your child makes a mistake and help your child learn from it.
- Provide safe everyday household items and toys that can be used in more than one way, like measuring cups or bowls.
- Monitor your child's use of screen time to 2 hours or less a day: TV/videos, video games, computer and cell phones.
- Provide places and times where your child can often play or work at tasks without interruptions.
- Provide age-appropriate materials and activities.
- If your child needs help, help her. But don't take over.
- Encourage your child to remain calm and focused when attempting challenging tasks.
- Ask your child, "What would happen if..."
- Encourage your child to try new things and solve problems creatively.

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## AREA OF LEARNING:

# LANGUAGE & COMMUNICATION



Reading, speaking and communicating is important to your child's happiness and success.

\* First Steps in Reading

\* First Steps in Writing

\* Listening

\* Speaking

## How you can help:

- Use the real names of items with your child to help build vocabulary.
- Have conversations during mealtimes and other daily routines like bedtime, bath time and playtime.
- Use rhymes and songs with your child to spark her interest in sounds and words.
- Have your child do simple tasks or games where actions and language are necessary.
- Respond when your child tries to communicate using gestures, actions and words. Help your child come up with the words she is trying to express.
- Talk with your child in your home language and/or English, and encourage her use of your home language.
- Ask your child to talk about and add to stories.
- Have your child talk to and interact with other children and adults.
- Read to your child often.
- Provide writing materials, such as paper, pencils, crayons and markers.
- Help your child recognize her own name and practice writing letters.
- Go to the library with your child and bring home books on areas that interest your child.

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## AREA OF LEARNING:

# CREATIVITY & THE ARTS



Art is not only fun for your child, but teaches her about creative and independent thinking.

\* Creating

\* Evaluating

\* Responding

## How you can help:

- Provide different art materials and do activities with her. Encourage your child's independent creativity, instead of copying from a model.
- Encourage your child's interest in music and dance.
- Display your child's artwork at home.
- Show interest in creative and artistic activities of your child and others.
- Explore child-appropriate cultural arts, both your culture and others, including story-telling, concerts, craft shows, plays, museums, a powwow and more.

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## AREA OF LEARNING:

# MATH, SCIENCE & THINKING



Encourage your child's curiosity about the world using math and logic, scientific thinking and problem-solving.

- \* Using Math and Logic
- \* Understanding Relationships

- \* Problem-Solving Using Scientific Thinking

## How you can help:

- Use household materials that let your child count, measure, and find patterns, such as setting the table or sorting laundry.
- Have your child organize household items or natural materials by color, size or other categories.
- Point out the size, shape and location of everyday objects.
- Read children's books together about numbers, counting and shapes.
- Help your child experience the world of nature outdoors.
- Encourage play with sand and water.
- Ask your child why she thinks something happened and discuss.
- Provide blocks and other items that encourage building projects.

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## AREA OF LEARNING:

# PHYSICAL DEVELOPMENT



Your child's physical development is important for a happy and healthy life.

\* Using Large Muscles

\* Health and Well-Being

\* Using Small Muscles

## How you can help:

- When your child turns 3-years-old, sign her up for Early Childhood Screening through your local school district.
- Encourage your child to move and be active both inside and out of doors.
- Spend time outdoors with your child running, jumping or swinging on a swing.
- Make physical activity part of everyday life—walk, run, jump, climb, etc.
- Spend time indoors with your child dancing, marching or throwing balled up socks into a hamper.
- Let your child use small objects or tools, like crayons, zippers, buttons or other items. This will help her practice with small muscle groups.
- Give your child puzzles, blocks, beads and other small things she can move around with her fingers.
- Draw and write together with your child.
- Scribble on a pad, make a grocery list, or draw pictures for loved ones.
- Establish routines for healthy eating, rest and bedtime.
- Encourage your child to show independence in self-care tasks (dressing, washing hands and brushing teeth).
- Provide safe home and play environments.

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## You're not alone!

Here are more resources for you and your child.

### Minnesota Parents Know

Minnesota Parents Know is an easy-to-use site that shows developmental milestones from birth to age five. This site will give you trusted information on child development, health, learning, safety information and parenting topics. Find out how you can help your child learn and grow when you need it.



[parentsknow.state.mn.us](http://parentsknow.state.mn.us)

- Stay up-to-date on parenting topics.
- Watch videos and listen to podcasts on child development and parenting topics.
- Read articles about many different parenting topics, from reading to your child to car seat safety to choosing the best toys for your child.
- Learn about Help Me Grow and resources for young children with special needs.
- Talk to other parents using the Minnesota Parents Know online forum.
- Find helpful links to other parenting resources that you can trust.
- Find Early Childhood Family Education (ECFE), Head Start, School Readiness, and Early Childhood Screening programs in your area.

### Help Me Grow

Some children experience developmental delays and need extra help to grow and learn. If you think your child, or a child close to you, might have delays in how they are learning or growing, refer them to Help Me Grow—a free service for children birth to kindergarten entry that helps them get assistance or special instruction for their developmental needs.

- To refer a child to Help Me Grow, talk to your child's health care provider, use the [online form](#), or call 1-866-693-GROW.

### Parent Aware and Child Care Resource and Referral

Check out childcare and early child education programs, including those that use the ECIPs. Programs that use the ECIPs encourage family involvement, use creative and challenging teaching approaches, and value child safety.



[www.parentawareratings.org](http://www.parentawareratings.org) [www.mnchildcare.org/families](http://www.mnchildcare.org/families)

- These sites make it easy to find childcare and early childhood programs in your area.
- Learn more about how programs are rated.

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