

# Kindergarten

HERE I  
COME!



ACTIVITIES TO DO  
WITH YOUR  
PRESCHOOLER



LET'S PLAY AND LEARN

Did you know that when preschoolers play, they learn? It's true! Use these activities to encourage your preschooler to play. Then visit the library to [find a book](#) about the activity.

### We're learning Language and Literacy Skills

#### Do it!

Help your preschooler learn letters by pointing out the letter in their name when they see them on books, signs, etc. How many different places can the letter be found? Adaptions to this activity include tracing letters, tactile letters, and audio alphabet apps on a tablet or CD. Make a story book by finding words that make up the letters in their name. An example, A is for alligator, C is for car and E is for egg. My name is 'ACE.'

#### Read it!

*I Like Myself!* by Karen Beaumont. *Lola Loves Stories* by Anna McQuinn.

### We're learning Mathematical Thinking and Expression

#### Do it!

Look for opportunities to count with your preschooler during daily routines. For example, count the chairs while setting the table or count how many socks go into the washing machine. When possible, provide hands-on opportunities for your preschooler to hold and feel objects. Cooking is a great opportunity for your preschooler to count. Encourage them to help prepare or make a meal. Count the number of ingredients. Take this one step further and describe the texture and color of each ingredient.

#### Read it!

*Each Orange Had 8 Slices* by Paul Giganti, Jr. *One Leaf, Two Leaves, Count with Me!* by John Micklos Jr.

### We're learning Social Emotional Development

#### Do it!

Give your preschooler a choice about what to do today. Ask them to explain why that activity was chosen. "Would you like to read or play ball? Why did you choose that?" Include options based on child's interest and abilities while building and strengthening skills. If they are having difficulty with the choices, ask them to tell you two things they would like to do. Explain they can choose to do 'x' or 'y' and to pick the activity they would like to do.

#### Read it!

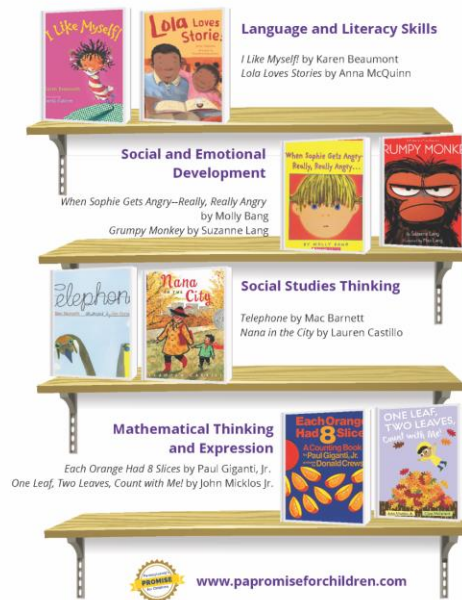
*When Sophie Gets Angry--Really, Really Angry* by Molly Bang. *Grumpy Monkey* by Suzanne Lang

### We're learning Social Studies Thinking

#### Do it!

Talk with your preschool about where they live. Talk about whether they live in a house or an apartment. Give the address that includes the street, city and state. If they have difficulty doing this, take pictures of where they live and also look for pictures online or in books. Use photos, pictures from books and magazines, and technology to create a picture book. They can look at it and feel proud they helped to create the book.

## FEBRUARY BOOKS FOR PRESCHOOLERS



## Read it!

*Telephone* by Mac Barnett. *Nana in the City* by Lauren Castillo.

# RESOURCES FOR YOU

## February is Black History Month

During February, celebrate Black History Month to focus attention on the contributions of African Americans to the United States.

Check out these resources for information on ways you can celebrate with and teach your child about Black History Month.

- (article) [7 Amazing African American Leaders Who Changed the Way Our Children Are Educated](#) (Parents Together)
- (book recommendations) [PA's Promise for Children has book recommendations](#) to celebrate Black History Month with your child. Check out this list, then contact your local library to read a favorite or find a new one!
- (resource) Talking About Race: Positive identity development, including racialized identity, begins at birth. Visit [Talking About Race](#) to guide your journey to support your child in developing a healthy sense of self and understanding of others.



## [Read more!](#)

## Parents Unite to Inform PA Child Welfare System

The Pennsylvania Child Welfare Resource Center (CWRC) is hosting parent listening sessions and wants to hear from birth parents who have a closed case with a county children and youth agency. Parents are the experts regarding the needs and strengths of their families. This expertise provides opportunities for partnership with professionals in the child welfare system.

CWRC wants to meet with parents to learn from their experiences with the county children and youth agency and to get input to help inform the system. The listening events are by invitation only and selected parents will receive a \$300 honorarium for time, travel, and child care.

**2025 Parent Listening Sessions**  
*We want your insights, expertise, & perspectives!*

"Having a painful experience acknowledged, and knowing that positive change could come from it, was cathartic."  
-Birth Parent

Parent Listening Sessions support parents with lived experience in Pennsylvania's child welfare system as **Leaders and Strategic Partners**.

Events are invitation only.  
Selected parents receive a \$300 honorarium for time, travel, and childcare.

Learn more, share, and apply here:  
[www.parentleadership.pitt.edu](http://www.parentleadership.pitt.edu)

Now accepting Parent Applications

A collaborative effort of the Department of Human Services, and the Pennsylvania Child Welfare Resource Center

Parent Listening Sessions will be held from March to June 2025. As registrations are received, event locations will be selected based on proximity to the applicant's county of residence. [Get more information.](#)

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## Join Remake Learning Days!

Join the [Remake Learning Days](#) across Pennsylvania! This hands-on learning festival showcases the many places where kids can learn across their community, such as early childhood programs, museums, schools, libraries, parks, community centers, tech companies, and more. These events give families and caregivers a chance to learn alongside their children and for kids to experience new learning opportunities. The mission of Remake Learning Days is to spark joy, encourage curiosity and create wonder for kids of all ages and their families. [Learn more and find an event in your region.](#)



## Children's Book Festival: March 29-30, 2025

The Learning Lamp presents the return of the Children's Book Festival, celebrating its 16th year the weekend of March 29 and 30, 2025, at the Bottle Works Ethnic Arts Center, 411 Third Avenue, Johnstown. The festival promises a fun-filled weekend packed with acclaimed children's authors and illustrators and various activities and entertainment designed to inspire and delight children and families of all ages and backgrounds.



The Children's Book Festival offers children in PreK through 6th grade and their families a FREE, interactive literary adventure designed to spark a love of reading. This engaging event encourages families to share the joy of books with their children while providing families access to affordable new and used books to grow their home libraries. Plus, every child who attends will receive a free book to take home and enjoy. [Learn more.](#)

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## Essentials for Parenting Toddlers and Preschoolers

[Essentials for Parenting Toddlers and Preschoolers](#) is a free, online resource for parents of 2- to 4-year-old children from the CDC. It provides access to resources based on decades of research and parenting experiences to help build positive relationships with children, encourage good behavior, and address common parenting challenges.



## See if You Qualify for the Earned Income Tax Credit

The Earned Income Tax Credit (EITC) helps low- to moderate-income workers and families get a tax break. If you qualify, you can use the credit to reduce the taxes you owe – and maybe increase your refund.



It's easy to find out if you qualify. Use the [EITC Assistant](#), and answer questions about yourself and other family members to see if you qualify and estimate the amount of your credit.

EITC eligibility depends on several factors, including income and family size. Don't guess about EITC eligibility use the [EITC Assistant](#) to find out if you do qualify for EITC, And see what other [tax credits](#) are available.

It's easy to find free tax help to prepare and file your taxes. Use the VITA locator tool on [IRS.GOV](#) to find a volunteer site near you. Or, you can prepare and e-file your own taxes with brand-name software using IRS's [Free File](#).

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## Community Inclusion for All

Pennsylvania Community Inclusion for All highlights the importance of and provides resources for meaningful Community Inclusion geared toward Pennsylvania children, ages birth to grade 6, and their families.



The [PA Community Inclusion for All web page](#) and [public Facebook group](#) can help increase opportunities for meaningful interaction between families and children with and without disabilities. It also provides professionals the resources for Community Inclusion to share with the families they serve and use the resources when practicing coaching in the community with families.

Visit, then share the resources with families and friends to inspire them to create and provide for a more inclusive environment. [Read the family's stories](#) of why and how they are doing it. You can even share your story, highlighting the struggles/challenges, professional support, practical strategies, and outcomes of Community Inclusion.

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## February 2 is Groundhog Day!

Groundhog Day is celebrated on Feb. 2, 2025. It is based on the activities of a groundhog coming out of its winter hibernation to check for his shadow. The legend is, if the groundhog sees their shadow on this day, there will be six more weeks of wintry weather. If they don't, then spring weather is right around the corner.

The most important groundhog is Punxsutawney Phil who lives in a burrow called Gobbler's Knob near Punxsutawney, Pennsylvania.

[PA's Promise for Children](#) has a list of fun books to read related to Groundhog Day.



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## Celebrating Early Literacy in February

February kicks off with two special awareness days! Reading early and often to young children will help them learn about the world around them and develop important skills they need to prepare for kindergarten.

[February 5 is World Read Aloud Day](#). It's the perfect excuse to pick up a book and read to your child! Revisit an old favorite or find a new one.

February 1 is the [Take Your Child To The Library Day](#). It is a great time to build upon your child's love of reading and learning. Contact your library to see what books they have for your child. [Find a library near you](#).

Share a photo of you and your preschooler reading a favorite book and tag PA's Promise for Children! Please find us on [Facebook](#), [Twitter](#), and [Instagram](#)!





## Assistance with Heating Costs

Winter is still here in Pennsylvania, and many families may struggle to pay for home heating. The 2024-2025 Low-Income Home Energy Assistance Program (LIHEAP) is available to help families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants.

The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited to your bill. These grants are based on household size, income, and fuel type. This is a grant and does not have to be repaid.

[You can find out how to apply here.](#)

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## State Parks and Forests Offer Abundance of Activities During Winter

Pennsylvania state parks and forests offer access to activities, even during winter!

Due to the colder temperatures, many people don't think about spending time outdoors in winter. Still, with proper clothing and other safety precautions, spending time outdoors has plenty of benefits.

What makes winter recreation unique? The scenery! The bare trees and vegetation in forests help spot wildlife easier, provide additional scenery from vistas, and uncover the vast rock formations that makeup Pennsylvania's varied natural landscapes.

You also don't have to travel far to enjoy the health benefits of exercise and fresh air in the winter. Pennsylvanians are fortunate that they can find opportunities near them, with many state and local parks and forests.

The winter season provides opportunities for activities that cannot be enjoyed year-round. Take advantage of some of these unique outdoor recreation opportunities. [Read more.](#)

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## Check Out the EITA Mobile App

The [EITA Mobile app](#) is full of quick tools & tips to be used in the moment by families and professionals. These resources include:

- Tools to support professionals in their work with families.
- Tools for parents to use in everyday activities and routines with their child.
- Tools that professionals can review with families to support activities and talk about Early Intervention services.



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## PA Navigate

The [PA Navigate](#) is a website that connects residents to community organizations, government agencies and health care providers for access to resources for basic needs, such as food, housing and child care.

PA Navigate is designed to address health and social care needs of residents by bridging the gap between health care systems and social services organizations. It allows residents to search and connect to supports for financial assistance, food pantries, medical care and other free or reduced-cost help in times of need. Individuals can refer themselves for services through PA Navigate or connect with health care providers and organizations.



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## 4 Ways To Help Your Preschooler Develop Problem-Solving Skills

As preschoolers begin to transition into kindergarten, it's important they learn social and emotion skills, like problem solving.

These skills can help preschoolers understand the consequences of their actions. Preschoolers can also begin to understand how their actions can affect others.

[Get four ways to help your preschooler develop problem-solving skills.](#)

**4 WAYS TO HELP YOUR PRESCHOOLER DEVELOP PROBLEM-SOLVING SKILLS**

- 1 Practice positive problem-solving. Use positive words to resolve conflicts.
- 2 Include your child in family discussions to help them cooperate with the decision.
- 3 Monitor your child's TV, video, or computer choices & talk about what is being seen.
- 4 Use the IDEAL model of social problem solving.

**I** Identify the problem. Stop, calm down, and think.  
**D** Determine your choices. What can be done?  
**E** Evaluate your choice. Consider the consequence.  
**A** Act on your best choices.  
**L** Learn from the results of your actions.

[www.papromiseforchildren.com](http://www.papromiseforchildren.com)

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## When should you register your child for Kindergarten?



Is it time to register for Kindergarten registration already? Yes, many schools are currently hosting Kindergarten registration for those children entering Kindergarten in the Fall of 2023.

Registering your child for Kindergarten NOW means you, your child and your child's school will be ready for the start of the new school year.

Visit [PA's Promise for Children](#) to find Kindergarten registration information for your school.

## WHOLE BODY HEALTH

### Screen Time and Young Children

Studies have shown screen time use in young children may have negative impacts on the brain's white matter — an area key to the development of language, literacy and cognitive skills. In addition, the use of screen time can limit a child's time and attention in learning other skills they need for healthy development.



With so many people owning a phone, tablet or television, and screens in doctor's offices, malls and restaurants, it can be difficult—or seem impossible—to limit the exposure to screen time with young children. [Read more.](#)

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### February is National Children's Dental Health Month

How many times a day does your child brush their teeth? Do they floss? It's never too early to teach your child how to take care of their teeth. During February's National Children's Dental Health Month (NCDHM) learn how you can help your child practice good dental health.



This month-long national health observance brings together thousands of dedicated dental professionals, health care providers and others to promote the benefits of good oral health to children and adults, caregivers, teachers and many others.

The [NCDHM Program Planning Guide](#) offers resources to promote the benefits of good oral health to children. The guide includes easy-to-do activities, program planning timetable tips, a sample NCDHM proclamation and much more.

[Watch this video](#) for tips on how to encourage your child to brush their teeth. Visit PA's Promise for Children to find out how to [start a healthy smile early.](#)

Did you know tooth decay is the most common chronic disease among children in the United States? The good news is it can be prevented with the help of CHIP! CHIP coverage includes teeth cleanings,

check-ups, x-rays, fluoride, dental sealants, fillings, orthodontia services when medically necessary and much more. Get more info at [the PA Department of Human Services website](#).

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## Calendar of Activities for Early Learning Providers

During February, celebrate Black History Month to focus attention on the contributions of African Americans to the United States, and check out the [February Calendar of Activities for Early Learning Providers](#) with activities and information to help prepare children and their families for school success.



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## Top Pins for Preschoolers

- [Valentine's Day Learning Activities for Preschoolers](#)
- [15 Busy Bags For Kids](#)
- [STEM Activities For Children](#)
- [10 Fun activities to teach your preschooler how to use scissors](#)



Check out the [Valentine's Day](#) Pinterest board!