

LET'S READ AT 5 YEARS!

This is what it looks like when we read:

I learn from books when you:

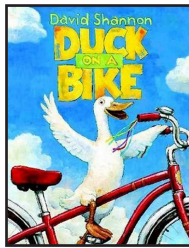
Let's read these books together, too!

You can check out these and other great books in the Monroe County Public Library's Children's area!

- I want to try new words and sounds but might need some help. Encourage me!
- Rhymes, repetitive sounds, and tongue twisters are fun to do.
- I make up stories about myself and my favorite characters with my growing imagination.

- Help me draw pictures and write new words.
- Encourage me to keep learning more about what interests me.
- Ask me to tell you what happened in a book in my own words.

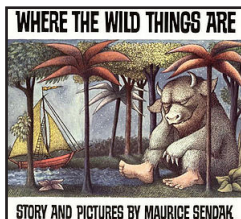
I like all kinds of stories: books about real life and books that are silly and fun. When characters do the same things I do, I get absorbed in the story.



Duck on a Bike

by David Shannon

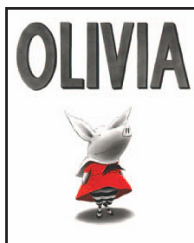
A duck decides to ride a bike and inspires other animals on the farm to do the same.



Where the Wild Things Are

by Maurice Sendak

Max is sent to bed without his supper and sails to the land of the wild things where he becomes their king.



Olivia

by Ian Falconer

Whether at home getting ready for school or enjoying the beach, Olivia demonstrates a zest for life.

your child @TM

highlights of what's happening
at this stage of your child's development...

5 years

This is a big year for your child! It brings with it the start of kindergarten as well as a new sense of independence (that may test your patience), developmental achievements and social relationships. At this time, what your child needs most is your attention, respect and patience.

your child's health

The Well Visit

Your child might have her hearing and eyesight checked at this year's check-up. Her vision should be 20/30 or better. Check with your child's doctor and school to ensure she has had the required vaccinations.

Nutrition

A taste of independence. The start of kindergarten may mean that your child will eat at least one meal per day outside of your home. Make sure she's prepared. Talk to her about healthy eating habits and the importance of a balanced diet. Also, make sure she knows about any food allergies or other dietary restrictions that she has.

Sleep

Fighting sleep? Sleep defiance issues are typical. To find a solution:

- Determine the cause of the behavior (attention-seeking, fear of something, exerting independence) and make proper adjustments. (Change the bedtime, put in a night light.)
- Set aside time each day to talk to your child about school and other things going on in her world.
- Stick to your usual bedtime routine, but include choices which will help your child feel in control.
- Stay consistent and firm. Every night, adhere to the same bedtime rules. And, no matter how tired you are, don't give in to her requests or demands.

your child's growth and development

Your child should be able to do most or all of the following by the time he turns six years old:

Physically

- Assist in making his bed.
- Color within lines.
- Tie his shoes.
- Jump rope independently.

Intellectually

- Use past, present and future tenses accurately.
- Group similar objects together.
- Understand the idea of today, tomorrow and yesterday.
- Identify most letters and numbers.
- Retell a story from a picture book with reasonable accuracy.

Socially and Emotionally

- Comfort friends who are sad or hurt.
- Understand that there are rules when playing games.
- Express feelings.

Because each child develops differently, you should use these developmental milestones as only a general guideline of what to expect from your child.



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDRENSM

Reviewed and approved by the
American Academy of Pediatrics

Sources: *Your Baby's First Year* and *Caring for Your Baby and Young Child*, American Academy of Pediatrics, Steven P. Shelov, MD, FAAP, editor in chief; *Understanding Children*, Civitas and Richard Saul Wurman; *KidBasics*, Civitas; *Healthy Sleep, Happy Child*, Marc Weissbluth, MD.

Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.

your child @[™] 5 years

nurturing your child

Handling Defiance, Back Talk and Lies

Keeping authority. Here are some strategies to help you manage your child's new independence.

- Praise good behavior. This is the best way to encourage more of the same.
- Be respectful. Don't yell. And, before you ask him to do something, make sure he knows how to do it.
- Pick your battles. Respect his needs to feel independent and explore. Also, where you can, avoid situations that trigger your child's defiant streak.

Stopping the sass. Talking back is often a sign of anger, frustration, fear or disappointment. When you respond:

- Stay cool. Be a good role model for your child. Speak quietly and calmly.
- Offer support. Let your child know that you understand that something is bothering him, but that he cannot behave badly.
- Make rules. Teach him that when he yells, you will either ignore him or leave the room. Tell him that if he speaks nicely, you will listen.



Uncovering the truth. A kindergartner may make up stories for lots of reasons. Before you confront your child, try to understand why he lied. Was it to protect himself from punishment, act out a fantasy or simply to get your attention? You also may want to read books with your child about telling the truth, to help him understand the importance of honesty.

Preparing for Kindergarten

Great beginnings... The start of kindergarten is a time of excitement, anxiety and change for a child. To get your child off on the best foot, you should help him understand what to expect before classes begin.

- Talk about school. Discuss what he will do during the day, how many kids will be in his class, his teacher's name, what he will carry in his backpack.
- Take your child through his new routine. Drive or walk to school and back. Take a tour of the school. Show him his classroom.
- Be supportive. Appreciate that going to kindergarten is a big deal for your child. Listen to his concerns, answer questions and read books about starting school. Be patient if his transition is rough.
- Keep it calm at home. With all the adjustments to school, it is important that home remain a safe haven. Try to stick to the same routines. Don't schedule your child for many other activities. Provide for plenty of down time. Make yourself available to play with and talk to your child.

your child's safety

take note...

Simply telling your child to not talk to strangers is not good advice. Sometimes, such as when you introduce her to a friend of yours, it's okay to talk to a stranger. Or, if your child is lost, she should know to ask someone for help.

Dealing with Strangers

Tell your child that she should walk away and find an adult she knows if approached by anyone who:

- Asks her for help.
- Shows her a picture of a pet.
- Asks to take her picture.
- Tells her that there is a family emergency.
- Calls her by name even though she doesn't know him.

On the Playground

Check places your child plays for:

- Sharp points, corners or edges, splintered wood or hot metal (such as slides).
- Openings that might trap a child's hands or feet, and loose cables, wires and ropes that may trip a child.
- Equipment that is not securely anchored to the ground, including handrails, ladders and steps.

Born LearningSM is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, *Born Learning* educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at www.bornlearning.org.





TIPS | for parents of Kindergartners

Play with letters, words, and sounds! Having fun with language helps your child learn to crack the code of reading. The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ Talk to your child.

Ask your child to talk about his day at school. Encourage him to explain something they did, or a game he played during recess.

■ Say silly tongue twisters.

Sing songs, read rhyming books, and say silly tongue twisters. These help kids become sensitive to the sounds in words.

■ Read it and experience it.

Connect what your child reads with what happens in life. If reading a book about animals, relate it to your last trip to the zoo.

■ Use your child's name.

Point out the link between letters and sounds. Say, "John, the word *jump* begins with the same sound as your name. *John, jump*. And they both begin with the same letter, J."

■ Play with puppets.

Play language games with puppets. Have the puppet say, "My name is *Mark*. I like words that rhyme with my name. Does *park* rhyme with *Mark*? Does *ball* rhyme with *Mark*?"

■ Trace and say letters.

Have your child use a finger to trace a letter while saying the letter's sound. Do this on paper, in sand, or on a plate of sugar.

■ Write it down.

Have paper and pencils available for your child to use for writing. Working together, write a sentence or two about something special. Encourage your child to use the letters and sounds he or she is learning about in school.

■ Play sound games.

Practice blending sounds into words. Ask "Can you guess what this word is? *m - o - p*." Hold each sound longer than normal.

■ Read it again and again.

Go ahead and read your child's favorite book for the 100th time! As you read, pause and ask your child about what is going on in the book.

■ Talk about letters and sounds.

Help your child learn the names of the letters and the sounds the letters make. Turn it into a game! "I'm thinking of a letter and it makes the sound mmmmmm."

Visit www.ReadingRockets.org for more information on how you can launch a child into a bright future through reading.

Help Me Start Kindergarten Ready to Learn!

For a Smart Start
in kindergarten, help me:

Social and emotional development

- Work and play cooperatively with peers, be non-disruptive, take turns, respect others, and share
- Be able to work alone
- Resolve conflicts appropriately
- Follow simple rules and directions
- Express emotions in an appropriate manner
- Demonstrate enthusiasm and curiosity when approaching new activities
- Participate successfully in circle time, listen, focus, and be engaged
- Relate appropriately to adults other than parent/caregiver

Cognitive development and general knowledge

- Count 10 objects
- Match items
- Make meaning of patterns
- Show curiosity and a desire to learn

Self-care skills

- Manage small items such as crayons, paintbrushes, buttons, zippers, etc.
- Ask for help when needed
- Take care of personal belongings
- Use the toilet independently
- Perform self-care tasks: dressing, eating, washing hands, and covering mouth when coughing/sneezing

Communication and literacy

- Use communication that can be understood by others
- Listen and understand what is being said or requested by others
- Ask for help
- Communicate wants and needs
- Use words, drawings, and writing to express a meaningful experience
- Look at pictures, then tell stories
- Understand and interpret a story or other text read to me

Physical well-being and motor development

- Appear physically healthy, well-rested, and nourished
- Manipulate materials such as a pencil, crayon, table block, scissors, eating utensil, and puzzle pieces
- Move with balance and control



Ready for School ▶ Ready for Life.

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This School Readiness Definition was developed by Monroe Smart Start Birth-to-Five Coalition and approved by MCCSC and RBB schools districts.



www.monroesmartstart.org