

# READY AT FIVE NEWS

**“We  
are born  
to  
learn!”**

September

Volume 1, Issue 1

## Getting Your Child Ready For School!

At every age, your child is learning from each activity he or she does. As a parent, you are your child's first important teacher. Everything you do with your child is an opportunity for him/her to learn skills that will help in getting ready for school. There are a couple of things that you can do.

MY CHILD HAS A

### Q & A

TEMPER TANTRUM EVERY DAY. WHAT CAN I DO?

1). Ignore it! This is not easy to do. When your child discovers that the behavior is getting the desired attention, the behavior will eventually stop.  
2). Do not give in to demands! If you do, the child learns that the behavior is the best way to get what is wanted.

## “LET’S GET READY!”

Children's readiness for school is a matter of national concern. It is widely recognized that in order for children to succeed in school, they should have acquired skills in several areas. They must have the appropriate language, social and cognitive skills to serve as a foundation for the opportunities and challenges of the school setting.

While it is important for the child to have achieved readiness in all of these areas, the most significant is the area of language acquisition. Language is the key to learning and therefore heads the list in terms of importance.

The Carnegie Foundation for the Advancement of Teaching launched a study in the 1980's which surveyed more than 7000 kindergarten teachers across the country. When asked to indicate which problem most restricted a child's readiness to learn, the majority indicated the "language deficiencies."

In subsequent issues of this newsletter, special attention will be made to fostering readiness in the

areas of language and literacy, social and emotional development, and physical development.

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### INFANT READINESS:

- Read action rhymes & encourage your infant to imitate movements.
- Read simple books & talk about the pictures.
- Tell lots of stories.

### TODDLER READINESS:

- Share books that include repeated rhymes & sayings.
- Play word & finger games to reinforce listening & oral language.
- Encourage singing.
- Talk to them, all the time, about everything!

### PRE-SCHOOL READINESS

- Read aloud, together, daily.
- Encourage children to write their names and words known and unknown.
- Play games involving written words and

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Erlinda Concepcion  
Phenoris H. Copes  
Helen Finney  
Daisy Ogene  
Donna Sawyer

EDITORS

### THE LIBRARY SHELF

**INFANTS (0-18 mos.):** Brown - Goodnight, Moon  
**TODDLERS (18-36 mos.):** Stone - I'm So Big  
**PRESCHOOLERS (36-60 mos.):** Martin - Chicka Chicka Boom Boom

**Hello Baby Books**  
**Bang - Ten, Nine, Eight**  
**Freeman - Corduroy**

# READY AT FIVE NEWS

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October

Volume 1, Issue 2

## Getting Your Child Ready For School!

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## Q & A

WHAT CAN I DO WHEN MY TWO-YEAR OLD SAYS "NO!"?

"No is a favorite word of toddlers. It is a way for the child to express and assert his independence. (Sometimes, "no" actually means "yes"). Gently, but firmly, guide your child towards the activity that needs to be done (ex. getting dressed, eating, going outside, etc.) and talk about what you are doing.

## “I CAN DO IT!”

### The Road To Independence

As a parent, you are witnessing one of the most exciting times in your child's life - the early childhood years. There is much growth and development occurring during this stage; sometimes, the changes happen daily.

During infancy (especially, early infancy), your child is totally dependent on you and/or the caregiver to meet all needs:

- ◇ physical needs - food, diapers
- ◇ socio-emotional needs - talk, cuddling, comfort, interaction

As your child matures and develops trust, she/he will begin to show signs of independence. Feeling comfortable with someone other than you for a few minutes, playing on a mat or in a bouncy seat for a short time alone, and reaching for toys or objects of interest are examples of signs.

Soon, your child will move his body by rolling over and progress to getting on all fours crawling, standing, and eventually walking. He watches you, and possibly older children, and wants to do what you are doing. He sees how you put food and drink into your mouth and he wants to do it, too. He becomes fascinated by utensils and wants to manipulate a spoon to feed himself.

As language develops, your child will begin to tell you what he wants and that he can do a particular task or activity by himself.

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### INFANT READINESS:

- Encourage baby to move (crawl, walk, etc.)

### TODDLER READINESS:

- Encourage child to undress himself.

### PRE-SCHOOL READINESS:

- Teach your child how to put on and zip his jacket.

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**INFANTS (0-18 mos.): Kunhardt - Pat The Bunny  
TODDLERS (18-36 mos.): Manning - My First Songs  
PRESCHOOLERS (36-60 mos.): Cooke - So Much**

**Pienkowski - Colors  
Frankel - Once Upon A Potty  
Crews - Freight Train**

# READY AT FIVE NEWS

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November

Volume 1, Issue 3

## Getting Your Child Ready For School!

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## Q & A

MY LITTLE BOY SEEMS TO SPEND ALL HIS TIME FIGHTING FOR TOYS HE SEES OTHER CHILDREN WITH. WHEN WILL IT STOP?

Not for a while. Often, children do not begin to understand the concept of sharing until age three. At this point, it is very important that the parent or adult in charge does not overreact to the situation. It will take a lot of cajoling and explaining to the child the art of sharing. Just think, how often have we as adults shared our car, clothes or other valuables with friends - much less, strangers?

## “1, 2, 3...LET’S GET PHYSICAL!”

**FACT:** To enhance the growth and development of children, the environment must meet basic physical needs: food, shelter, rest, and relief from pain and illness.

**FACT:** There is no truly average child!

**Infants:** This stage ranges from the child being totally dependent upon the parent to satisfy needs to the exploring and searching age. The child will explore by placing things in mouth, displaying a need for colorful moving toys, repeating same movements over and over in attempts at mastery, displaying a need for space to climb and walk and a need for close and constant supervision. A typical activity may include the placing of a rattle in baby's hand, thus strengthening eye-hand coordination.

**Toddlers:** The toddler is very curious and has a tendency to engage in repetitive behavior, desiring the same things over and over. There remains a need for constant supervision for safety due to intense play behaviors. Toys should be provided at this stage that offer challenges in dexterity as in blowing bubbles, pop-up toys and items with snaps

and velcro.

**Preschoolers:** Calmer at 4 1/2 than at 4; and, even better at age 5. Age group may start out kicking, hitting, rock throwing, running away; but, soon exhibits more control, cooperativeness and friendliness. Typical activities include make-believe friends, interest in numbers and letters, and “wild play.”

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### INFANT READINESS:

- Sing the ABC Song over & over & over again!

### TODDLER READINESS:

- Allow child to play with boxes of many shapes & sizes.

### PRE-SCHOOL READINESS:

- Encourage child to “skip” (not an easy task).

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**INFANTS (0-18 mos.):** Hathon - I Am A Baby  
**TODDLERS (18-36 mos.):** Mother Goose Books

**PRESCHOOLERS (36-60 mos.):** Slobodkina - Caps For Sale

**Fujikawa - Babies**  
**Watanabe - How Do You Put It On?**

**Keats - The Snowy Day**

# READY AT FIVE NEWS

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**December**

**Volume 1, Issue 4**

## Getting Your Child Ready For School!

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### Q & A

OFTEN, I GET STUCK FOR PLACES TO TAKE MY CHILD. ANY SUGGESTIONS?

Have you tried the following wholesome trips to take your youngster, regardless of age?

- ◇ Library
- ◇ Smithsonian Institute
- ◇ Post Office
- ◇ Grocery Store
- ◇ Zoo
- ◇ Fire Department
- ◇ Neighborhood Walk
- ◇ Park

The key is to read and talk to your child pertaining to the surrounding. The child may not understand now; but, will value the sound and sincerity of your voice.

## “DEVELOPING LANGUAGE SKILLS AND MENTAL ABILITY ”

One of the most important areas in your child's development is language and literacy. It is very important that you support your child in this area in order for him to do well in school.

It begins while the baby is still in your womb. As your baby grows, he needs to learn how to express himself - his wants and his needs. Most of all, he needs to express emotions in order to understand himself and others.

There are seven things that your child must be able to do to succeed in school: 1. Pay attention and listen to stories and information. 2. Follow directions, and ask/answer questions. 3. Speak clearly and communicate a complete idea or ask a question. 4. Recognize letters and numbers and show an awareness of print. 5. Show an interest in holding and looking at books. 6. Be able to talk about a story in a book: predict what might happen next; make meaning from illustrations or pictures; & ask/answer questions about the story. 7. Be able to draw pictures, and try to write and copy letters.

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### IT WORKS!

#### INFANT READINESS:

- Talk and sing to your baby throughout your day together. During bath time and dressing: name body parts, clothing and bath toys. Talk about what you are doing when you wash his hair and change his clothes. Read aloud everyday to your infant - read the words, talk about the book and point to the pictures. Use short and simple sentences.

#### TODDLER READINESS:

- Read aloud everyday. Leave out words or phrases that are repeated in the story and see if your child can fill them in.

#### PRE-SCHOOL READINESS:

- Read aloud everyday. Find books that have simple sequence of events. Talk about what happens first, next and last. Encourage your child to retell the story to you and others.

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**INFANTS (0-18 mos.): “The Kitten’s ABC”**  
**TODDLERS (18-36 mos.): “Brown Bear, Brown Bear, What Do You See?”**  
**PRESCHOOLERS (36-60 mos.): “Corduroy”**

**Newberry  
Martin**  
  
**Freeman**