

LET'S READ AT 5 YEARS!

This is what it looks like when we read:

I learn from books when you:

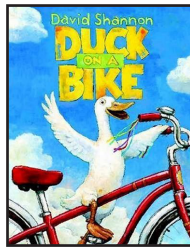
Let's read these books together, too!

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.

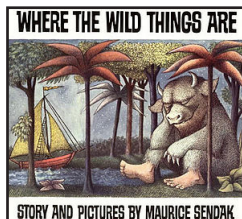
I like all kinds of stories: books about real life and books that are silly and fun. When characters do the same things I do, I get absorbed in the story.



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

5 years

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

5 is a big year! It brings the start of kindergarten, new friends, new skills, and independence.

Your child's health

The Well Visit

Take your child to the doctor for a check-up when he turns 5. Ask your doctor about shots that your child will need before school starts. And catch up on any missed vaccinations. Your doctor may also test your child's hearing and sight.

Nutrition

The start of school means that your child will eat at least 1 meal per day outside of your home. To get her ready:

- Talk about and model good eating habits. Explain that it is OK to eat a treat, but only after eating healthy foods.
- Make sure that she knows about any food allergies that she has, and that she knows to tell others about them.

Sleep

Fighting going to or staying asleep? Try this:

- What is the reason? Does your child need attention? Is he scared of something? Talk with him to understand the problem. Then make changes such as changing the bedtime or turning on a night-light.
- Add choices into his bedtime routine. For example, let him pick the book to read.
- Keep the same bedtime rules each night. Don't give in to his requests or demands.

Nurturing your child

Behavior

Handling Back Talk, Lies, and Acting Out

Ideas to help you guide your child's new independence:

- Respect your child and praise good behavior.
- Pick your battles. Try to let the little things go.
- Avoid situations that might cause your child to act out, such as taking her shopping when she is tired.

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your child @[™]

5 years

Nurturing your child, continued

Behavior, continued

Talking Back or Tantrums

These can be a sign of anger, frustration, or fear. Here's what to do:

- Stay cool. Speak quietly and calmly. Do not yell.
- Offer support. Tell him you see that something is bothering him. But also tell him that he cannot act that way.
- Have rules. Teach him that when he yells, you will ignore him or walk away. Tell him that if he speaks nicely, you will listen.

Preparing for Kindergarten

Going to kindergarten is a big deal. Before he goes, help him understand what to expect:

- Talk about what he will do during the day, how many kids will be in his class, what his teacher's name is.
- Take your child through his new routine. Drive or walk to school and back. Walk through the school. Show him his classroom and the bathroom.
- Be supportive. Listen to your child's concerns. Answer questions. Read books about starting school. And be patient if he has a rough start.
- Keep it calm at home. Stick to your regular routines. Be sure he is eating and sleeping well.



Your child's safety

Strangers

Teach your child to be careful around strangers. Tell her that she should always walk away from a stranger who:

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

In the Car

All children whose weight or height is above the forward-facing limit for their car seat should use a Belt-Positioning Booster Seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.



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