

BORN to SUCCEED

early LEARNING
activity GUIDE



BEST BEGINNINGS
Alaska's Early Childhood Investment

FIVE AREAS OF EARLY LEARNING

Experts have identified five areas of early learning that are essential to school readiness.



Physical Well-Being, Health
& Motor DEVELOPMENT



Social & Emotional
DEVELOPMENT



Approaches to LEARNING



Cognition & General
KNOWLEDGE



Communication, Language
& LITERACY

Your child's first five years are an extraordinary time, full of growth and development. During this time, your children look to their parents/caregivers as their first teachers.

To help you do your best, this booklet has information on child development and how to support your child's discovery of the world. This early education paves the way for future success in life.

INSIDE:

Physical Well-Being, Health and Motor Development	p4
Social and Emotional Development	p5
Approaches to Learning	p6
Cognition and General Knowledge	p7
Communication, Language, and Literacy	p8



Physical Health, Well-Being & Motor DEVELOPMENT

So much development: holding their head up, sitting, crawling, and standing.



Social & Emotional DEVELOPMENT

May cling to familiar adults, likes to look at self in mirror



Approaches to LEARNING

Puts things in mouth, shows curiosity about things, and tries to reach for far objects



Cognition & General KNOWLEDGE

Watches things as they fall, puts things in mouth



Communication, Language & LITERACY

Uses finger to point, copies sounds, responds to own name



Physical Well-Being, Health and Motor DEVELOPMENT

Being healthy and strong gives your child the energy to participate in many experiences crucial to learning. As your child learns to control her body, she is also building important pathways in her brain that will help her succeed in school. Using both sides of her body to crawl, climb, and run will help her use her entire brain to learn when she starts kindergarten.

What to Look FOR:

Strength & Coordination of Large Motor Muscles:
ARMS, LEGS, AND TORSO

Strength & Coordination of Small Motor Muscles:
HANDS AND FINGERS

Ways You Can Help Your CHILD:

- Play together – run, throw, jump, kick, and climb.
- Provide safe places and things for your child to enjoy playtime.
- Try age-appropriate crafting activities like cutting with scissors, drawing with crayons, or folding paper.
- For younger babies, provide safe finger foods and toys that they can use to practice grasping.

Social and Emotional DEVELOPMENT

Social and emotional development is linked to skills children need to cooperate, negotiate, lead, and follow while expressing their feelings in a socially and culturally appropriate way. These skills will help your child one day look at situations with perspective and empathy.

What to Look FOR:

Positive Participation in Group Activities

Children form positive relationships with adults and their peers when they learn to get along with others, understand similarities and differences in people, and see how their actions affect others.

Regulating Feelings and Impulses:

Being aware of his own emotions allows your child to understand and express his feelings in an effective, appropriate way. Self-regulation is an important part of emotional development.

Ways You Can Help Your CHILD:

- Respond to your child's emotional and physical needs consistently to provide security.
- Listen carefully to what your child says – helping him expand on his feelings.
- Provide opportunities for your child to interact/play with other children and adults.
- Model open, trusting, and respectful relationships.



Approaches to LEARNING

Children are naturally curious and eager to learn. Your child has to be motivated in order to learn and succeed. For example, he may be able to hear, but not want to listen. By nurturing your child's natural curiosity and unique approach to learning, you can encourage him to use the skills he has now to seek knowledge and love the process of learning.

What to Look FOR:

Curiosity and Interest in Learning New Things

Determination and curiosity are the characteristics that lead a child to develop new skills. This is often followed by a willingness and desire to explore new things that open her mind to learning.

Sustained Attention to Tasks & Persistence

Being persistent is key to learning and a chance for your child to be creative when facing problems. The ability to focus and persist will serve your child well into the future.

Ways You Can Help Your CHILD:

- Wonder aloud with your child about why things happen.
- Introduce your child to new people, places, and experiences.
- Play question-and-answer games that inspire curiosity.
- Compliment persistence and concentration.

Cognition and General KNOWLEDGE

Thinking is something we do every single day. For a child though, thinking is a new process to develop logic, reasoning, and problem-solving skills. Building your child's thinking skills and knowledge now will help her master all sorts of information later.

What to Look FOR:

Knowledge of Numbers and Counting

By kindergarten, your child's teacher will be looking to see if your child can count to 20 from memory. Understanding the idea of "more" or "less" as your child grows is a sign he is on the right path.

Sorts, Classifies, and Organizes Objects

The ability to place objects in a logical order shows they understand similarities and differences. These are great thinking skills in action.

Ways You Can Help Your CHILD:

- Play with your child using materials that can be compared and sorted - like blocks, crayons, different shapes.
- Point to patterns in the house, classroom, or nature.
- Count objects you come across in your daily routine together.
- Read books and tell stories with numbers and counting.



Communication, Language, and LITERACY

As your child grows he is watching, listening, and learning how to understand and use words to convey meaning. His development of language and literacy skills gives him the ability to talk about his ideas and feelings, share them with others, and respond to other people.

What to Look FOR:

Awareness of Print Concepts

Children with this skill know that squiggly lines on a page represent language. They understand that when an adult reads a book, what they say is linked to those squiggly lines (printed words), rather than just to the pictures.

Knowledge of Letters and Symbols

Recognizing that printed letters have a specific name, sound, and meaning is a key building block of being able to read.

Ways You Can Help Your CHILD:

- Run your finger under words as you read them to your child.
- Point out letters, words, and numbers you see around you (like street signs or signs on stores or buildings).
- Keep a variety of books in your home to read together.
- Talk with your child as you go through the day together.

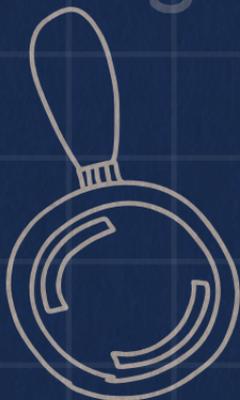
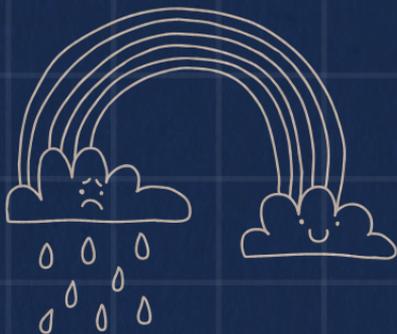


Look for these fun early learning activities booklets for your child! Each issue is full of age-appropriate ideas of things you can do at home to support your child's early learning. Video instructions for many of the activities can be found on YouTube.

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