

Language/
Literacy**Understanding Sounds and Words**

- How to listen to sounds, including quieter and louder sounds
- How books and words work
- How to take good care of books

123

Mathematics

Counting Things

- We count to find out “how many” of something
- How to verbally count up to five items (fingers, feet, books)
- We can tell “how many” in a small group of items (2, 3, and 4 items) without counting

Self-
Regulation**Using Self-Control**

- A routine is the order in which we do things such as steps in brushing our teeth
- Our classroom’s daily schedule shows the order in which things happen

Social-
Emotional**Getting Along with Others**

- Different ways we can play
- How to ask someone to play

Social
Studies**Respecting Our Differences**

- How people are the same and different
- Each of us is unique

Creative
Expression**Being Creative**

- We are creative when we use an idea to make or do something new
- Music is the sound we make when we sing or play a musical instrument
- We dance by moving our bodies in creative ways, usually to music
- Drama is when we tell a story through our words and actions

Physical/
Health**Staying Healthy and Safe**

- Germs are very small things that can make our bodies sick
- How and when to wash our hands to get rid of germs

Social-
Emotional

Knowing how to ask someone to play is an important skill in getting along with others.

- Help your child use two stuffed animals or dolls to practice different ways to ask someone to play: (1) give friend a toy to share, (2) take friend by hand to play area, and (3) say "Let's play!"

Identifying different sounds can strengthen children's listening skills.

- Play a sound guessing game with your child. Invite your child to close his/her eyes and then you make a sound using your hands (such as snapping fingers, clapping, or knocking on a hard surface) or with a material from your home (crumpled paper, scissors, zipper). Invite your child to open his/her eyes and guess the sound you made.

Language/
LiteracySelf-
Regulation

Children like the predictability of steps in daily routines.

- Encourage your child to tell the order in which he/she does some things at home (steps in brushing teeth, getting ready to go to the early childhood program, getting ready for bed). What do you do first? What do you do next?

Counting objects helps children understand numbers.

- Count how many people are sharing a meal together. Encourage your child to point to each person as he/she counts.
- Count other objects such as buttons on a coat or shirt, fingers, feet, hands.

123

Mathematics

Social
Studies

Understanding that each person is unique can help children respect others.

- Look into a large mirror with your child. Talk about physical characteristics that are similar and different. Compare characteristics with other members of your family.

Children's creativity is fostered when they are encouraged to express their own ideas in art activities.

- Provide plenty of opportunities for your child to use colored pencils, crayons, paints, markers, or play dough to create special art. Remind your child that special art is something he/she creates. It is not a copy of what someone else has done.

Creative
Expression

Keeping hands clean is a great way to stay healthy and prevent germs from spreading to others.

- Talk about and practice handwashing steps used at your child's early childhood program or recommended by the Center for Disease Control and Prevention (available online).

Physical/
Health