

# Early Years

WORKING TOGETHER FOR A GREAT START

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Rocky Mountain Development Council, Inc. Head Start  
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## KID BITS

### Too big for a booster?

Your little copilot may think booster seats are for babies. But while laws vary by state, an adult seat-belt won't fit her properly without a booster until she's at least 57 inches tall. Make sure your child knows that riding in her booster is an all-the-time thing—she must use it whether she's with you, with Grandma, or in a car pool with friends.

### Label belongings

Finding your youngster's belongings in the school lost-and-found is easier if they are labeled. Use a laundry marker to print his name inside clothing and backpacks. For other items, help him write his name on self-stick labels. He can place them on water bottles, folders, or other things he takes to school.

### Playtime character lessons

While pretending with your child, weave discussions about good character into your play. *Example:* "Uh-oh, Tammy Tiger broke the teapot. What do you think she should do?" (Admit her mistake and apologize.) This kind of role-playing makes big concepts like honesty and responsibility easier for your youngster to grasp.

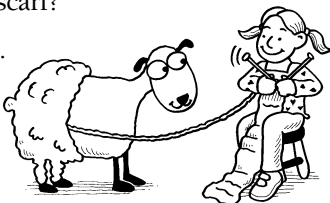
### Worth quoting

"The expert at anything was once a beginner." *Helen Hayes*

### Just for fun

**Q:** How many sheep does it take to make a scarf?

**A:** None.  
Sheep can't knit!



## Watch me learn!

"I can say my ABCs!"  
"Listen to me count to 10!"  
Children this age are eager to show you what they know. Keep the learning—and the excitement—going with these suggestions.

### Read along with me

Encourage a love of reading by making your child an active participant. If a story has repeated phrases, put him in charge of reading them. Pause before the last word of each line in a nursery rhyme, and have him supply it. Turn the tables at bedtime: Give him a book he knows by heart, and ask him to read it to you.

### Make writing an everyday thing

Offer your youngster meaningful opportunities to write letters and words. If he pretends to be a rock star, request his autograph. Or if he draws a birthday card for a relative, ask him to dictate what he wants to say, and use a high-lighter to print his words. Then, he



could trace over the letters with a crayon or marker.

### Just add math—to everything

Playing with math concepts will develop your child's number sense. Have him sort and count beads to make bracelets. In the grocery store, challenge him to spot every number, 1–10, on signs and labels. At snack time, he might explore shapes by connecting pineapple chunks or strawberries with toothpicks to form flat shapes (squares, triangles, rectangles) or 3-D ones (cubes, pyramids).♥

## Keep in touch with the teacher

Support your youngster's education by building a good relationship with her teacher. Here are tips:

- Find out whether the teacher prefers to be contacted by note, email, or phone. Also, tell her the best way and time to reach you.
- Attend parent-teacher conferences and meetings. But also reach out to your child's teacher at other times. Send a note thanking her for helping your youngster conquer a challenging skill (holding a pencil correctly, memorizing her address and phone number), and let her know about big changes in your family's life (new sibling, divorce).
- Visit or volunteer in the classroom or help out from home if you can. You'll get to know the teacher, and she'll appreciate the help.♥



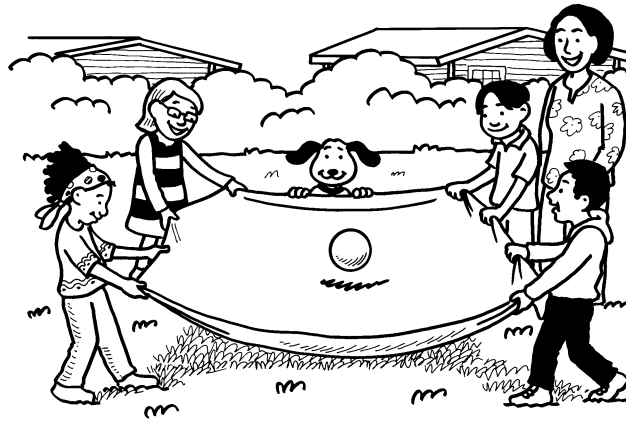
# Strategies for getting along

Use these hands-on ideas to help your child practice sharing, taking turns, and cooperating with others—skills she will need to use every day in class.

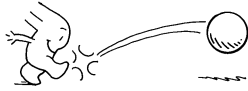
**Sharing.** Prepare your youngster to share classroom materials. You might dump out a pile of blocks and share them as you build side-by-side towers. Set an example by saying something like, “There’s only one purple block left. Do you need it?”

playing board games, roll a die, and let the person with the highest roll (or the lowest one) take the first turn.

**Cooperating.** Hold opposite sides of a sheet, place a ball on top, and lift the sheet up and down so the ball bounces. You’ll need to work as a team to keep the ball from falling off. Or play this silly version of musical chairs: Whenever you remove a chair, players share the remaining chairs. When you’re down to the last chair, everyone must pile on it together to win!♥



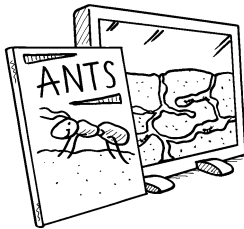
**PARENT TO PARENT**



## Show-and-tell: Home edition

When my son Cooper started kindergarten, he loved show-and-tell day. So at home, we found a great way to get him talking about school—we played show-and-tell as he unpacked his backpack.

Cooper would show us a drawing he made and tell the story behind it. Or he might share a photo the teacher took of his play dough creation and describe it to us.



Sometimes, his show-and-tell led to even more learning at home. For example, after Cooper did an ant farm project last spring, we read library books about ants and looked for anthills at the park.

This year, Cooper’s little sister is in preschool, and now she gets to participate in show-and-tell at home. Both kids love the attention, and they are always eager to tell us how they spent their days.♥

**ACTIVITY CORNER**

## A rhyming stroll

What’s red and contains a word that rhymes with pop? A stop sign! Try this fun indoor-outdoor activity to help your child hear sounds in words.

First, have your youngster draw a big tic-tac-toe grid on a piece of paper. In each box, help her write a short word that rhymes with a few other words (examples: cat, hug, see, man, pop, wall).

Then, take a walk together through your neighborhood, and look for things that rhyme with each word on the paper. You might say, “There’s a trash can. Can rhymes with man!” And your child could notice children playing ball, and say, “Ball rhymes with wall.” For each item you spot, think of more words that rhyme with it, too.♥



**Q & A**

## Overcome separation anxiety

**Q:** My child cries when I drop him off at school and says he misses me during the day. What should I do?

**A:** Separation anxiety can last several weeks for some youngsters. Just remember that it is a normal stage, and try not to worry.

First, remind your child of other new places that he has learned to enjoy. Maybe he was unsure about daycare but now loves to go there after school. Or perhaps he didn’t want to leave your side at tumbling class but quickly found out how much fun it was.

Also, start a special good-bye ritual that you do whenever you drop him off. For instance, you could share an extra-long hug to last him (and you) all day. Then, make the separation easier by steering him toward an activity that you know he enjoys, like playing at the sand table.



One last tip: Be sure to ask the teacher for assistance. Chances are she knows a few strategies to suggest.♥

**OUR PURPOSE**

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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