

let's **READ** together

FAMILIES THAT READ TOGETHER...
talk, laugh & learn together!



Nearly **50%**
of local children aren't
ready for kindergarten
on day one.

**IS YOUR
CHILD READY?**

Find out at:
MyChildIsReady.com

why?

- reading helps to grow a young child's developing brain
- handling books develops school readiness at any age
- reading aloud builds motivation, curiosity & memory
- reading skills build a child's confidence & self-image
- reading together makes reading fun for the child

try...

- have child hold book & turn pages
- ask questions about the story
- identify letters
- point to & describe pictures
- use high voices & short sentences with babies

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let's **PLAY** together

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why?

- play is important to healthy brain development in young children
- through play, children at a very early age learn to engage & interact in the world around them
- play helps with the development of small muscles in the hands, feet, fingers, toes, tongue, & lips
- play helps with the development needed to hold a pencil

try...

- peek-a-boo, I spy, Simon Says
- sing & dance
- run, jump, hop, throw, catch
- use playdough & scissors
- dice, dominoes, blocks, board games, puzzles

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let's **COUNT** together

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why?

- counting vs. reciting memorized numbers - a child must understand the meaning of numbers
- learning patterns & sorting prepares a child for learning math
- early exposure to math & counting will increase your child's comfort & confidence with these skills

try...

- count blue cars, red trucks, yellow flowers
- compare: which is bigger, smaller, shorter, heavier, lighter
- add one more, remove one less
- trace numbers
- count objects of the same shape or color

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let's LOG-OFF together

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why?

- screen time takes away from other activities that help brain development in young children
- screen time has negative effects on eye development, social & language development
- screen time reduces short term memory & ability to focus
- technology programs 'tire out' the brain

try...

- **LIMIT USE OF...** TV, video games, cell phones, computers, tablets **EVERYDAY**
- talk to each other, ask questions
- start with "I think..." or "I wonder..."
- **Tech Free Tuesday... or Thursday... or weekend!**
- **GO OUTSIDE! USE YOUR IMAGINATION!**
- **NO SCREEN TIME AT MEAL TIME!**

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