

On my way to school*

How to Use This Tool

This brochure is a tool to help parents and guardians nurture the healthy development of their preschoolers.

Please note that the questions and tips provided are guidelines only. Your child need not master all of these skills in order to enter Grade Primary.

Each child develops at his or her own pace. Take note of your child's strengths and work with him or her daily to build on existing skills.

Your child's journey of learning will be lifelong. We hope that this document will help you to play an active role in the healthy early development of your little one in the years prior to entering school.

►► The information provided in "Questions to consider" and "Help me Learn" sections of this brochure were adapted, in part, from "Getting Ready for School" by Healthy Child Manitoba (www.gov.mb.ca/healthychild)



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Five Areas of Healthy Development



Physical Health & Well-being



Social Skills



Emotional Maturity

Language & Thinking Skills



Communication & General Knowledge

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to school



The early years count. Learn more.

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Physical Health & Well-being

Social Skills

Emotional Maturity

Language & Thinking Skills

Communication Skills & General Knowledge

SOME QUESTIONS TO CONSIDER ►►

- ▶ Am I properly dressed for today's weather?
- ▶ Have I had enough sleep? Have I had enough to eat?
- ▶ Am I able to wash my hands and look after some of my own needs?
- ▶ Am I able to hold a pencil or crayon properly?
- ▶ Do I have enough energy to play and learn?
- ▶ Can I play actively outdoors or on the playground?



Help me learn ...

- ▶ Play jumping and running games or rolling/crawling games with me
- ▶ Help me learn to climb stairs
- ▶ Let me learn to spread jam or butter and pour from a small jug
- ▶ Take me to the playground lots
- ▶ Make sure I get enough sleep, about 11 to 14 hours a night
- ▶ Play with me using playdough, paper, crayons, paints
- ▶ Help me choose healthy snacks
- ▶ Help me get dressed in suitable clothing for the weather outside

SOME QUESTIONS TO CONSIDER ►►

- ▶ Do I get along with other children?
- ▶ Can I follow rules and instructions?
- ▶ Can I act kindly? Am I polite?
- ▶ Do I solve some of my own problems?
- ▶ Am I able to adjust to a change in routine and accept it when others make a mistake?
- ▶ Do I take care of my belongings?
- ▶ Do I care for others?

Help me learn ...

- ▶ Let me choose between two things to practice making decisions
- ▶ Be a role model for me by showing me how to get along with and help other people
- ▶ Play "Simon Says" and other games with me often
- ▶ Arrange play dates for me so I can learn to play with other children
- ▶ Warn me about changes in my routine
- ▶ Take me to library story times and play-groups, let me learn how to take turns and be part of a group



SOME QUESTIONS TO CONSIDER ►►

- ▶ Do I help other children when they are sad or hurt?
- ▶ Do I show that I understand (show empathy) when others are feeling sad, angry or happy?
- ▶ Am I ready to help others with a task?
- ▶ Do I sometimes try to stop a quarrel among my friends?
- ▶ Do I sometimes invite others to join in a game or activity when they feel left out?
- ▶ Can I be quiet and listen to what others have to say?
- ▶ Can I stand in line to wait for something?



Help me learn ...

- ▶ Talk to me a lot about feelings
- ▶ Help me notice when other people are feeling sad, happy, angry or hurt
- ▶ Be a good example to me by showing you care for others
- ▶ Praise me when I help others
- ▶ Encourage me to ask another child to join in a game or activity and praise me when I do
- ▶ Show me how to solve arguments peacefully

SOME QUESTIONS TO CONSIDER ►►

- ▶ Do I show an interest in books?
- ▶ Do I know some of the letters of the alphabet?
- ▶ Can I recognize numbers?
- ▶ Am I able to count and can I count a small number of objects?
- ▶ Can I print my name?
- ▶ Do I know my shapes and colours?
- ▶ Can I remember things easily?
- ▶ Do I like to draw & "pretend write"?

Help me learn ...

- ▶ Read to me and count with me! Count stairs, cars & trees, etc.
- ▶ Help me learn to sort items: i.e. socks, spoons & household items
- ▶ Help me practice writing my name, the alphabet & numbers
- ▶ Play lots of games with me
- ▶ Talk about shapes, colours and sizes & compare different objects
- ▶ Help me draw and "pretend write" letters to grandparents, friends
- ▶ Help me memorize nursery rhymes or songs
- ▶ Take me to the library
- ▶ Play computer games with me



SOME QUESTIONS TO CONSIDER ►►

- ▶ Can I tell a story?
- ▶ Do I use my imagination when I play?
- ▶ Can I make myself understood when I talk to people?
- ▶ Am I able to respond to instructions the first time?
- ▶ Do I tell you about things that have happened to me?
- ▶ Am I interested in learning more about my world?



Help me learn ...

- ▶ Read to me every day
- ▶ Help me learn to use my imagination! Play pretend or imagination games (i.e. play house, dress-up, tea parties, school, etc.) with me
- ▶ Tell me stories and then ask me to tell you one
- ▶ Talk to me lots and listen to me when I talk to you
- ▶ When we go places, talk about what we are doing, what we are seeing and where we are going
- ▶ Ask me to tell you about my day
- ▶ Help me learn more about the things I'm interested in