

Social-  
Emotional

Helping others is a valuable way to get along well with others.

- Help your child plan two different ways to help your family or someone else. Examples: select unwanted toys to give to a family shelter; help sibling(s)/friends pick up toys after playing; match socks as a part of doing the laundry. Encourage your child to carry out at least one of the plans.

Understanding that a sentence is a string of different words is a core early literacy skill.

- Use a book with one or two simple sentences on a page to show your child how a space separates words in a sentence. Point to each word as you read a sentence. Invite your child to point with you as you read each word.

Language/  
LiteracySelf-  
Regulation

Waiting patiently is an important life skill.

- During a snack time, encourage your child to wait 10 seconds between bites. Count slowly to 10 or use a timer. Over time, slowly increase wait time between bites—up to one minute. Develop strategies with your child for what she/he can do while waiting.

Practice in counting things strengthens children's understanding of numbers.

- Invite your child to help organize a pretend birthday party with stuffed animals or dolls. Invite your child to count how many animals or dolls are guests. Use blocks (or similar items) as cupcakes for the celebration. Help your child count the number of cupcakes needed so each guest gets a cupcake.

123

## Mathematics

Social  
Studies

Understanding how families are the same and different helps children learn how each family is unique.

- Talk with your child about family members who live with you, live nearby, or live far away. Make a photograph book together of family members. The book can be your child's own special book about his/her family.

Children learn about the variety of materials used by artists by experiencing the materials.

- Provide your child with a variety of experiences using different types of art materials. Examples: markers, crayons, chalk, colored pencils, clay, play dough; and different types of paint such as watercolors, tempera, and acrylic.

Creative  
Expression

Hopping on one foot involves balance and core strength.

- Help your child practice hopping on one foot by holding hands. Have your child use slightly bent knees to help maintain balance. Start by having your child hop in place. Then advance to hopping five steps forward, turn around, and hop back to the starting place on the other foot.

Physical/  
Health