

preschool PROMISE

because the first 5 years matter



Readiness skills for birth to age 1

Learning begins at birth.

Through our interactions with them, young children learn the core skills they need for future school success. From day one, connection builds the brain. Through playful, meaningful moments with you, your child is getting ready for kindergarten.

Every child grows at different rates, so remember these are goals to aim for with your child. Use the back of this sheet for ideas for playful learning at home.



Talking and Reading

exploring words that rhyme, name recognition, and sharing thoughts out loud help children build reading skills.

- Smiles, coos, babbles, or turns toward caregivers
- Gestures with arms or waves goodbye
- Soothes or calms when hears a familiar voice
- Squeals, laughs, or makes repeating babbling sounds



Counting and Measuring

looking for shapes and patterns, counting, and using tools to measure all build key skills for math and science.

- Holds an object in each hand; tries to pick up a third
- Tracks toys with eyes, reacts when toys are removed
- Bangs toys together, one in each hand
- Explores with toys, seeing if they roll, slide, or get stuck



Connecting and Feeling

social-emotional skills help children identify and describe their feelings, interact with others, and work through conflict.

- Cries when caregiver leaves
- Laughs and smiles at familiar adults
- Begins to self soothe by sucking fingers or chewing on a toy
- Makes eye contact and gestures to an adult to pick up



Playing and Problem Solving

play helps kids develop physical skills like skipping or grasping and thinking skills like solving puzzles and working through challenges

- Shows excitement to new activities by kicking feet or turning toward a new sound or voice
- Begins to move or respond to new people by moving their body or vocalizing on purpose
- Turns, rolls, or crawls toward a toy or book on their own
- Repeats an action on purpose, such as pressing a button or dropping a spoon

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Tips to help your child from birth to age 1

The first five years matter.

What are the Core 4 Readiness skills? The Core 4 domains of development provide an overview of skills children need to be kindergarten-ready. They can grow these skills through play, connection with others, and quality early learning experiences. Try these activities below to help your child learn and grow through playful interactions with you!



Talking and Reading

- Talk back and forth with your baby - allow them to finish babbling before you talk back
- Reciprocate gestures like waves, smiles, peekaboo
- Read simple, short stories with your baby, point out pictures, and let them interact with the book (touch, grab, chew, turn pages)



Counting and Measuring

- Blow bubbles! Point as they float by, and encourage your child to track the bubbles with their eyes or head
- Offer rattles to explore, or make your own using empty bottles and items inside. Show your kiddo how to shake the rattle or bang them together



Connecting and Feeling

- Talk to the child on their level, giving eye contact, and using facial expressions
- Narrate what you're doing with the child, even during small care tasks and activities



Playing and Problem Solving

- Begin with a blanket! Create a safe space on the floor for your baby to roll, have tummy time, and explore. Encourage movement using propped up board books, favorite toys, and things that make sound just out of reach to encourage movement
- Explore with toys or instruments that make sound. Invite your baby to bang on a drum or empty coffee can, or press a doorbell to explore cause and effect

RESOURCES

Goodwill Easter Seals provides free screening to test children's readiness for Kindergarten. Call 937.528.6460 for an appointment.

Reminder: Take your child to the pediatrician on a regular basis, and stay up-to-date on immunizations!

