

While I'm 4 years old, I need you to...

- Help me learn the words that tell how I'm feeling like *happy, sad, angry*.
- Help me understand opposites, like "The stove is hot; ice cream is (____)" and "Mommy is a woman; Uncle Jack is a (____)."
- Teach me some words that rhyme, like *cat, hat, fat or me, see, bee*.
- Let me spread soft butter or other soft topping on my toast.
- Help me learn to draw a person with a body, head, legs and arms.
- Help me learn to name the colors red, yellow, blue, orange, green, purple, black and gray AND to identify them in pictures or on objects ("What color is the banana?")
- Sing the A-B-C song so I can learn to sing it by myself.
- Gently throw a ball to me (about 6 feet away) so I can catch it at least half the time.
- Help me learn to jump with both feet frontwards, then backwards.



When I'm just about to enter kindergarten, I need you to...

- Help me learn how to dress myself completely, including tying my shoes, but not tying bows behind my back.
- Be sure that I know how to wash and dry my hands by myself.
- Be sure that I can undress myself, wipe, flush and dress myself when I go to the bathroom.
- Help me learn to answer "why" questions – Why is the sidewalk wet? Why is the sky dark? (This does NOT mean that I should be able to explain why I did something I shouldn't have done.)
- Teach me the meaning of long and short, heavy and light, smooth and rough, empty and full.
- Draw me some shapes like circle, square, triangle, cross and let me copy them on another piece of paper. (Point to them one at a time.)
- Help me learn to count out loud to 20.
- Help me learn to identify a circle, square and triangle.
- Be sure I can print my first name (or the name I'm called) with only the first letter capitalized.
- Be sure I can use safety scissors (not sharp) to cut along a line that goes all the way across a piece of paper.



Sources:
Portage Guide to Early Education, DIAL-3



To My Parents: I need YOU to help me be ready for school!

**Madison County
Children's Policy Council**



For more information or additional copies
Call 256.518.8203 or email flm@uwHSV.org

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The whole time I'm growing up, I need you to...

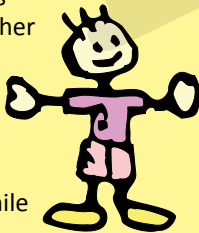
- Make our home safe so I can feel free to explore and learn about the world around me.
- Be patient with me when I make a mess, because that's part of how I learn.



- Hold me lots so I feel loved and secure. It won't spoil me.
- Make sure that I eat healthy food, because that will make my body and brain grow best.

While I'm a baby, I need you to...

- Talk to me (tell me what you are doing) and make gentle noises back to me when I coo and gurgle to you.
- Say one sound to me over and over (*ma, ma, ma ... goo, goo, goo*) so I can learn to say it.
- Hold a toy just in front of me so I can reach for it and get it – please don't tease me!
- Let me pick up Cheerios or other soft, bite-size food items and put them in my mouth. (But don't give me a sliced hot dog or uncut grapes or popcorn until I'm at least 3 years old.)
- Make a game out of putting clothespins (or something similar) in a bucket or other container.
- Give me things that I can safely put in my mouth.
- When I grab for the spoon, let me hold onto it while you feed me.
- Let me hold my cup with two hands while I drink from it.



While I'm 1 year old, I need you to...

- Make funny faces at me.
- Play Peek-A-Boo and Pat-A-Cake with me.
- Show me my face in the mirror and ask me "Who's this?"
- Hand me a toy, then encourage me to hand it back to you. Keep playing this game with me until I get tired of it.
- Look at simple pictures with me and tell me the names of the things I see.
- Ask me to show you my eyes, ears, nose, hair, feet – then the chair, the door, the
- Help me learn to say "more" (when that's what I want) and "all gone" at the right time.
- Let me pull off my socks and shoes after you untie and loosen the laces.
- Let me scribble on blank paper with a crayon (when finished, put the crayons out of reach).



While I'm 2 years old, I need you to...

- Ask me to bring you something that's on the other side of the room.
- Find me a few clothes that I can use to play "dress up".
- Offer me two pairs of socks so I can choose which ones I want to wear today.
- Pick me up and dance with me – to a song you sing or one on the radio.
- Ask me to point to objects in a picture – "Where's the dog? Where's the mommy?"
- Help me learn animal sounds – dog says "woof", cow says "moo".



- Read me a very short story while I sit in your lap or close beside you.
- Show me how to turn the pages of a book one at a time.
- Let me zip up my coat after you start the zipper.
- Let me feed myself with a spoon, even though I spill some.
- Let me dry my own hands after you help me wash them.
- Help me learn to use the bathroom, but be very patient when I have "accidents".
- Let me tell you what action is shown in a picture like *running*, or *sleeping*.
- Read, say or sing nursery rhymes to me.

While I'm 3 years old, I need you to...

- Hold my hands and dance with me to a song we both like.
- Help me learn to take turns – it's going to take me a while to learn this.
- Help me learn what makes the sounds I hear around me like a *car*, or a *bird*.
- Read me a story that lasts about 5 minutes.
- Teach me to say my whole name when I'm asked.
- Talk to me about what we do with a car, a clock, a fork.
- Help me learn "*beside*", "*behind*", "*under*", "*next to*", "*in front of*" and other words that mean location.
- Count when you give me something like cookies – one cookie, two, three (just to three).
- Keep on reading, saying or singing nursery rhymes and invite me to do it with you.

