

KINDER GARTEN READINESS

0-5 YEARS

FOUNDATIONS FOR ACADEMIC & LIFE SUCCESS

90%
of a CHILD'S BRAIN
IS DEVELOPED BY
5 YEARS OF AGE

consistent bedtimes & enough sleep

Ample sleep is critical for healthy development. It is the time when the brain stores memories which is important for learning. It also helps boost our immune system, rebuild muscles and our bodies restore themselves. Lack of ample sleep can make it difficult for children to regulate emotions and get along with others.

Consistent bedtimes and routines help children feel safe and secure.

TODDLERS: 11-14 hrs of sleep
PRESCHOOL: 10-13 hrs of sleep



If children feel safe, they can take risks, ask questions, make mistakes, learn to trust, share their feelings and grow.

-Alfie Kohn



authentic & loving connections

We are born with the need to connect. When our tone, words, and behaviors convey the expression of love, we help children (1) feel safe, (2) learn how to love and be loved, and (3) develop the foundations for healthy relationships.

- Lovingly respond to your child's needs.
- Practice being fully present with your child.
- Make loving eye contact often.
- Frequently smile, giggle, and laugh with your child.



engage in meaningful conversations

The foundation for becoming a proficient reader and writer is having strong language skills. Children need adults to engage in meaningful conversations with them! They need to talk, talk, and talk some more. By asking open-ended questions--questions that have many answers, we encourage children to think critically and learn to articulate their ideas and perspectives.

Tell me more about that!
How did you figure that out?
What did you discover?



read often

Becoming a reader opens the door to worlds of information and imagination. As your child's first teacher, it's important to model reading both silently and out loud. Read books, road signs, instruction leaflets, recipes, and magazines.

Read books with your child. Lots of books. Let your child "read" to you! Talk about the book in the way you might talk with someone about a good movie.



foster curiosity

Young children are born curious. Curiosity is what propels us as learners. As long as we are curious we can maintain our motivation to learn new things. For example, when your child stops to look at the caterpillar, pause, respond, and extend.

PAUSE, NOTICE, RESPOND, EXTEND

You see the caterpillar!
What do you notice?
I'm noticing how quickly it's moving!
What else do you see?

pretend play

Engaging in pretend play is an incredibly significant early childhood experience. While young children engage in pretend play they use their creativity, imagination, problem-solving skills, relationship skills and practice developing stronger language skills (the foundation for reading and writing). Do not underestimate the significance of playing house, taking your food order, dressing up in your fancy dress or workboots.

Can I take your order, please?
Why yes, I'd like a tuna sandwich, hold the cheese!

encourage creativity

Creativity is at the core of innovation. Supporting your child's creativity is helping to develop the skills he/she will need to problem-solve, create new innovative designs, write creative stories, and approach tasks in different ways. In a world that is rapidly changing, creativity will be a necessary skill when your child enters the workforce. Offer creative experiences where your child can design, develop, and create without premade materials like coloring books or any adult guidance.



limit screen time

The use of technology in the early years does not support the necessary experiences children need to develop healthy connections, language skills, or relationship skills. Even educational apps and videos do not substitute for the significant role you play in your child's learning. Put the devices down and talk, play, laugh, tell stories, take a walk outside and notice the clouds. All of these experiences are far more important than the time spent on a phone/tablet.



DR. ISELA GARCIA
www.alesigroup.com
www.thekindergartenexperience.com
© 2018 ISELA GARCIA

be.  love.