

## **Ready for School....Ready for Life!**

It's a fact....over 85% of a child's brain develops before they enter kindergarten and the experiences a child has early in life set the stage for school success. School readiness is more than just learning basic skills. School readiness involves developing habits and attitudes needed for success in school and life. Below are some qualities of successful learners, along with tips to help develop these qualities in young children.

### **Persistence: Learning to deal with frustration and focus attention.**

- Provide lots of free play time (unstructured), so children can get deeply involved in play. Observe your child and notice when they spend a lot of time with one activity.
- Notice when your child is starting to get frustrated. Offer a suggestion, or help them finish the task, but don't do it for them.
- Help your child set simple goals and develop plans. ("What would you like to do today?")

### **Curiosity and Initiative: Developing a desire to learn and participate in activities**

- Take your child outside and give them time to explore and discover the natural world.
- Read books with your child about things they are interested in and topics they want to learn more about.
- Encourage and support your child's interest in trying new activities, but don't force participation. Give them a choice about what they would like to do.

### **Creativity & Inventiveness: Coming up with new and original ideas.**

- Provide toys that can be used in many different ways (dress-up clothes, blocks, a sandbox, puppets, art and music materials).
- Play make-believe games, and engage in pretend play with your child.
- Ask your child to think of a new ending to their favorite story.

### **Reasoning & Problem Solving: Higher level thinking**

- Play simple thinking games with babies and toddlers ("Peek A Boo" & "Hide and Seek").
  - Talk about how things are the same and different (matching & sorting).
  - Give your child "thinking" toys like puzzles and simple board games.
  - Discuss the sequence of daily events. ("What did we do first... then...next... last?")
  - Ask your child to explain their thinking: "Why do you think that happened?"
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### **Spring Classes for Parents with Young Children**

- *STEP into Effective Parenting* – Apr. 5<sup>th</sup>-May 17<sup>th</sup> at Childcare Network
- *Becoming a Love & Logic Parent*<sup>®</sup> – May 1<sup>st</sup>-May 29<sup>th</sup> at Raleigh Court CDC

For more information visit [www.smartbeginningsroanoke.org](http://www.smartbeginningsroanoke.org)

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