YOU ARE YOUR CHILD’S FIRST AND MOST IMPORTANT TEACHER. YOU HAVE AN IMPORTANT ROLE TO PLAY IN ENSURING YOUR CHILD STARTS SCHOOL READY TO LEARN.

FOR MORE INFORMATION:
Call 800-794-4067 
or visit www.yubakids.org

WHAT CAN YOU DO?
Building strong relationships is at the heart of child development and learning. It starts with you. You don’t need to be an expert or trained teacher to make sure your child is ready for school.

Talk, read, sing, and play every day and you’ll help set your child on the path toward educational achievement and a lifetime of success.

A Parent’s Guide to School Readiness

Learning Begins at Birth

A Parent’s Guide to School Readiness

FIRST5 YUBA COUNTY
www.first5yuba.org
**Why are the first 5 years so important?**

90% of your child’s brain is formed by the age of 5. When you **talk, read, sing** and **play** with your child, you fill their brain with words and thoughts that make all the difference to their future.

**What should my child know before kindergarten?**

Children learn at their own pace, but experts agree that certain basic skills help children start school successfully.

**Academics**
- Writes own first name
- Recognizes rhyming words
- Recognizes letters of alphabet
- Recognizes basic colors
- Counts 20 objects
- Recognizes shapes
- Understands details in stories
- Understands structure of books

**Self-Regulation**
- Stays focused
- Follows rules/directions
- Works/plays cooperatively
- Participates in circle time
- Handles frustration well

**Social Expression**
- Expresses needs/wants verbally
- Expresses empathy
- Expresses a story
- Eager to learn

**Motor Skills**
- Uses pencil with proper grip
- Has general coordination

**WHAT ABOUT PRESCHOOL OR CHILD CARE?**

Attending a high-quality preschool or child care program can help unlock a lifetime of learning and the development of social skills for infants, toddlers and preschoolers. First 5 Yuba’s School Readiness programs are available to help parents raise a successful child...ready for school.

Programs in your community:
- Playgroups (0-3 year olds)
- Preschool (3-5 year olds)
- Family Support and Engagement
- Comprehensive Screening and Early Intervention

First 5 Yuba works to increase the number of children who receive quality child care and education by providing resources to child care providers.

Look for a high-quality child care program that engages, supports and works with you and your child’s ability to learn the Basic Building Blocks of School Readiness.

**What is School Readiness?**

School Readiness is more than academics... It is the development and nurturing of the whole child:

- **PHYSICAL**
  - Health and well-being
- **SOCIAL/EMOTIONAL**
  - Self-control and self-regulation
- **LANGUAGE**
  - Communication
- **COGNITIVE**
  - Learning and thinking
- **APPROACHES TO LEARNING**
  - Motivation and persistence to learn

**How can I help my child to be healthy and ready?**

A healthy body is an important part of school readiness and your child’s overall well-being. Help your child be physically prepared for school by:

- Keeping up-to-date with medical and dental visits, and immunizations
- Making sure your child gets 10 to 16 hours of sleep per day, depending on his or her age
- Limiting TV and screen time for children to 2 hours per day and instead encourage daily active play
- Offering fruits and veggies and water instead of sugary snacks and juice