

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.



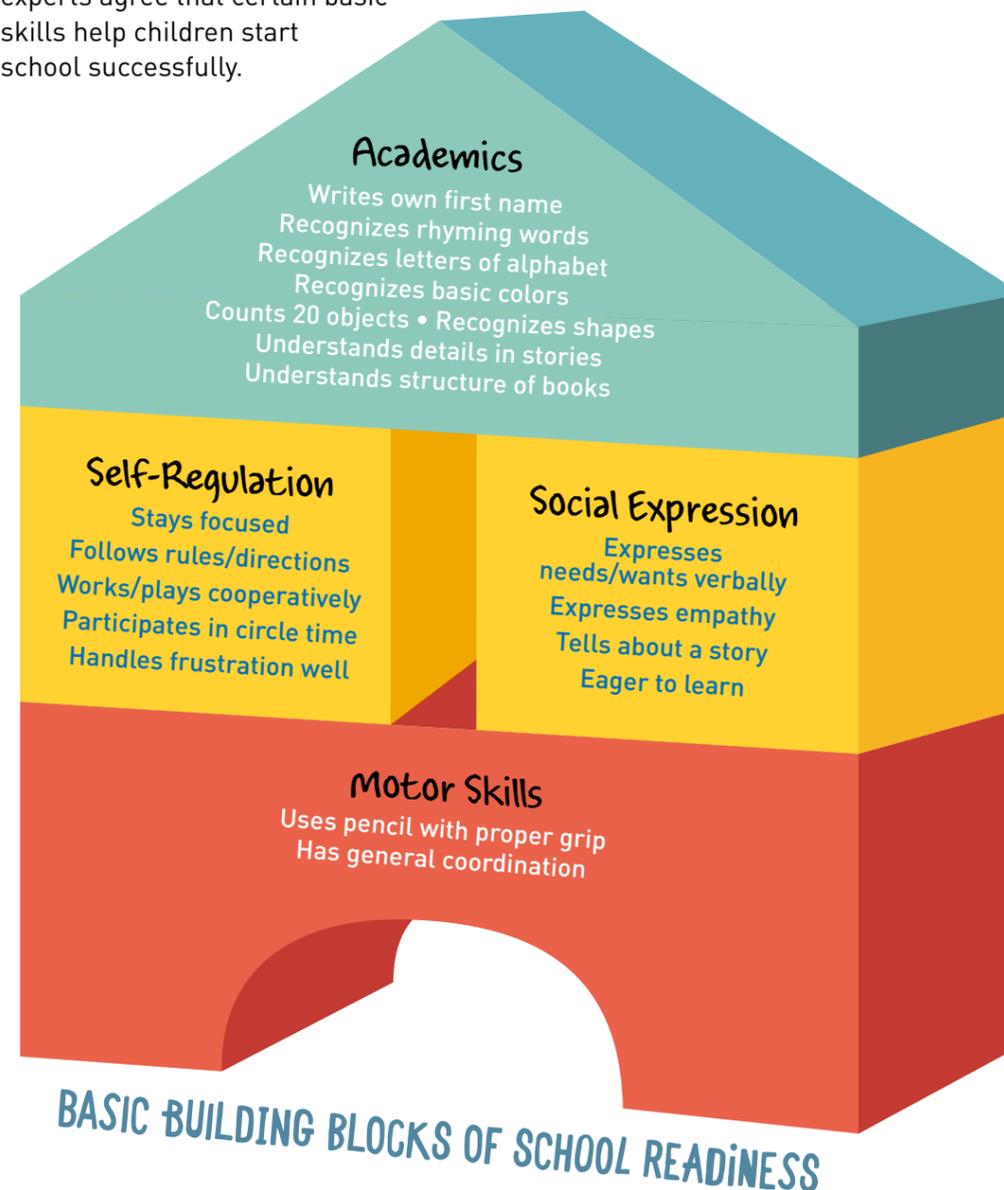
WHAT IS SCHOOL READINESS?

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

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.



WHAT ABOUT PRESCHOOL OR CHILD CARE?

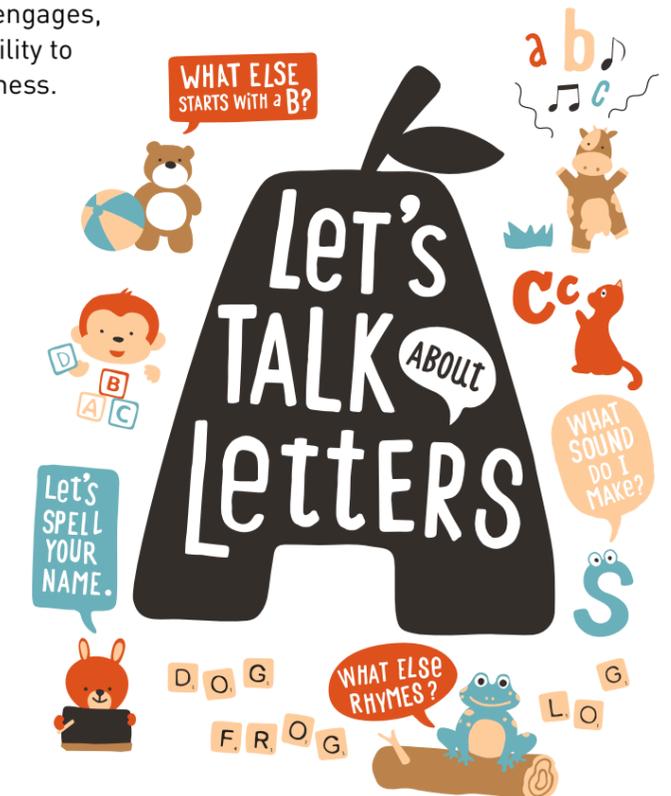
Attending a high-quality preschool or child care program can help unlock a lifetime of learning and the development of social skills for infants, toddlers and preschoolers. First 5 Yuba's School Readiness programs are available to help parents raise a successful child...ready for school.

Programs in your community:

- ★ Playgroups (0-3 year olds)
- ★ Family Support and Engagement
- ★ Preschool (3-5 year olds)
- ★ 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.



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