

2-3
year olds

Getting Ready for School

One Step at a Time



You'll be amazed!

Welcome To The Toddler Years

Science shows that the first five years of life is when the brain grows fastest. This brain development is influenced by a child's relationships, experiences and environment. It's important to build these early connections. This book will help you prepare your child for what they will need to be successful in the upcoming years. If your child does not know some of these things that is okay; they will grow in leaps and bounds over this time period. This book will guide and provide you with activities and learning opportunities that you and your child can do together.

This book will review the different skill areas to work on with your child. Each section will provide activities to do and explain why it is important for your child to build these skills. **REMEMBER** each child develops differently, so while one child may excel in one area, another may struggle this does not mean that your child is behind. If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.



Connect with your local programs

Every child has remarkable potential to learn and succeed in school, the key is to start early. Building the basic foundation of reading, math, language, communication, and social skills is critical to preparing children for kindergarten and life. Getting your child involved in an early education program such as Head Start may lead to many benefits. They will begin to learn skills that come with the program in addition to skills they learn at home. Check out the resources in the back of this book to get started.

Parent Self-Care

Parenting can sometimes be overwhelming. Balancing the demands of work, child care, financials, and emotional stress, may be all you can handle. Support and small adjustments, can help you prepare your child to realize their potential and to do well in school and life. There may be days when you may not shower, skip meals, or have a sleepless night. Without a healthy and happy parent, your children will miss out on the opportunity to get the best care possible.

DO YOU TAKE CARE OF YOUR CREATIVE AND SPIRITUAL SELF?

- Give yourself quiet time for self-reflection
- Attend local place of worship
- Write in a journal
- Spend time out in nature
- Enjoy a hobby or learn

DO YOU TAKE CARE OF YOUR MENTAL AND EMOTIONAL SELF?

- Spend time and stay in touch with friends and family
- Express emotions, allow yourself to cry, and talk about feelings
- Find activities that make you happy or relaxed

DO YOU TAKE CARE OF YOUR PHYSICAL SELF?

- Eat regular healthy meals
- Get exercise, short walks or yoga
- Receive regular, preventive medical care
- Sleep enough, nap when baby is napping
- Take time away from the phone, email, and or technology
- Spend time outdoors in fresh air and natural light

FOR INFORMATION ABOUT PARENTING SEMINARS AND HOW TO SIGN UP, VISIT MIDVALLEYPARENTING.ORG AND OTHER RESROUCES IN THE BACK OF THIS BOOK

REMEMBER: You are not alone. There are people and resources available to make it easier. IT IS OKAY TO ASK FOR HELP!

Social and Emotional Skills

Helping your child develop their social and emotional skills will prepare them to effectively communicate with others. It will allow them to make friends, express their feelings, and become more independent. Having a strong emotional bond and connection with your child builds self-esteem needed for learning and development.

Here is a list of things that your child should develop over the next year or two.

Again, if your child does not have these skills there is no need to worry;

REMEMBER each child develops differently. If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.

Your child:

- May be shy, while others easily make friends
- May spontaneously talk to people who they do not know
- Begin to show awareness of their own and others feeling
- Be assertive about what they want, may begin to say no to parents requests
- May watch other children play and join them for short amounts of time
- May not like change
- May enjoy an ordered routine

Making Friends and Playgroups



Take your children to the park, library or any place where they can play with other children. Building friendships is important. Being around other children will introduce your children to the idea of making friends. Your child will eventually begin to observe and engage with others.

Create a Smiley Chart

In order to work on positive self discipline, Create a chart to help remind your child of appropriate behaviors that they will be able to use as they grow up. Draw a smiley face or use stickers in the appropriate box every time your child successfully completes a task.

Says "Please" and "Thank You"	Cover mouth when coughing or sneezing.	Brush your Teeth	Washes hands	Listens to adults	Try to get dressed with no help
					

Help Your Child Recognize Feelings

Recognizing how people feel is important for your child in the early years so that they can tell when someone is happy, upset, frustrated, or angry. Use different pictures to help teach your child how people may look when they are feeling a certain way. Challenge your child by finding faces from actual people to help them better associate the feeling with the face. Here are some basic faces to get you started.



Happy



Sad



Angry



Confused



Tired



Surprise



Excited

Rough Twos

Around two years of age, children begin to assert their independence. This may start before your child turns two, and last until they are older than two. All children experience these times of frustration and react differently. Some may be more challenging than others, depending on the child. Here are some tips you can use to get you and your child through these rough patches. Refer to resource guide for parenting classes & more information.

Managing Temper Tantrums



- Keep Calm.
- Avoid reinforcing behavior.
- After tantrum provide reassurance and guidance to child.
- Use calm and relaxed tone and teach child how to communicate feelings with words.

Temper Tantrums in Public

- Remove child from situation.
- Give positive guidance as you would at home.

Preventing Tantrums

- Pay attention to your child's verbal and nonverbal cues.
- Always have a snack ready if child is hungry.
- Let child nap if they are tired.

Discipline



- Positive discipline to teach children right from wrong.
- Give child options for them to make decisions and take control of their actions at any time.
- Tell your child what to do instead of what NOT to do.

Language Skills

Many parents and caregivers are unsure how they can help their child develop language skills. Hold your child and read to them everyday. Developing language and reading skills begins at birth through everyday loving interactions such as sharing books, telling stories, singing songs, and talking to one another.

Here are some ways you can strengthen your child's language skills:

Practice	Description
1. Get chatty	Engaging in conversation with children.
2. Be a commentator	Giving descriptions of objects, activities, or events.
3. Mix it up	Using different types of words and grammar.
4. Label it	Providing children with the names of objects or actions.
5. Tune in	Engaging in activities or objects that interest children.
6. Read interactively	Using books to engage children's participation
7. Read it again, and again, and again!	Reading books multiple time
8. Props, please!	Introducing objects that spark conversations.
9. Make music	Engaging in musical activities.
10. Sign it	Using gestures or simple signs with words.

Following Directions

Following directions is an important skill to teach children at a young age. A fun way to do this is to give children a list of fun and silly things to do, one thing after another. Make cards that your child can pick from, each with a different set of instructions. You can read the card to them and help them through the tasks.



Physical Skills

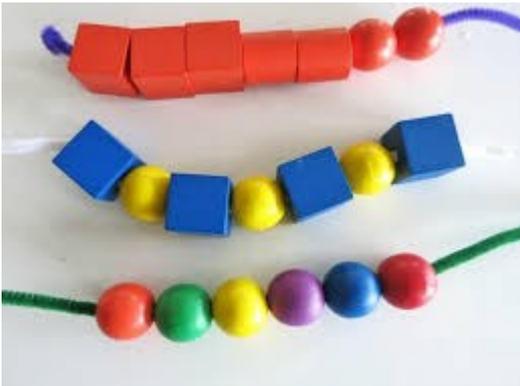
As children grow, their physical skills increase. This includes things such as crawling, standing, walking, running, throwing, jumping, and holding utensils. Physical development is not only important for helping children increase their skills, but also for organizing their behaviors. Children are often very active and excited to move around and play. Children love playing with their parents. Playing and running around, or joining them in whatever they are doing easily tires them out. Just remember to be gentle and have fun!

Your Child:

- Can pick-up things off the floor while standing
- Walking is easy, begins running, and using stairs one foot at a time
- Will begin to learn to zip-up coats
- Begins to have drawing ability
- Can kick a ball

Beading

Help children practice hand-eye coordination as well as fine-motor skills by doing some beading. Help child practice with pipe cleaners and large beads. Help them make patterns using different colors, shapes and sizes. You can use pasta and string if you do not have beads.



Outdoor Play

Getting children outdoors not only helps their physical skills but also increases mental skills and health. Children work on problem solving and social skills when playing outside and with others. Take nature walks and talk your child through what you are seeing and doing. There are an unlimited amount of outdoor activities that your child can participate in.



Use a variety of balls to throw, kick, and roll back and fourth.

Blowing bubbles, chasing them, and popping them is a great activity to keep children busy and expel some energy.



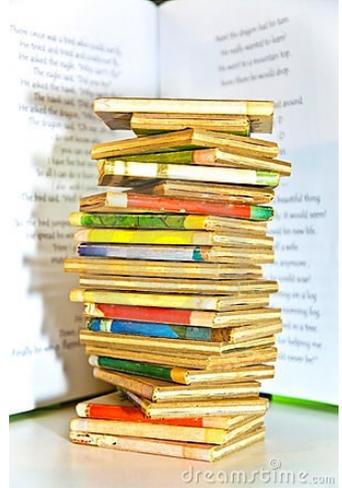
Taking children to the park lets them experiment with new obstacles, build muscle and use problem solving skills. Making friends at the park is always a plus as well!

Reading Skills

Learning to read and write happens long before kindergarten. Babies are born learning. Infants and toddlers learn through play, exploration of their environment and, most importantly, through their interactions with the important adults in their lives. As parents, you are your child's first and most important teacher.

Read for at least 20 minutes a day with your child. If they can't be still and pay attention for that long start with five or ten minutes and work your way up.

Ask your local library about story times, summer reading programs, and other fun activities. These can be a great benefit for your child to help prepare them for kindergarten.



Toddler Mad Libs



Lunch Room!

Make sure your lunch _____ is
(container)
filled with nutritious _____ food. Do
(adjective)
not go to the _____ food stand across
(adjective)
the street from school. The hamburgers they
serve are fried in _____ and are made
(noun)
of _____ meat. So take a sandwich made
(animal)
of _____ or _____ it's much
(vegetable) (vegetable)
healthier! Drink _____ milk instead of
(color)
_____ colas.
(adjective)



Create silly stories with your children by doing mad libs like these! Let your child pick the words to fill in the blanks, then read the story with them.

For more Mad Lib samples you can visit: <http://www.scholastic.com/parents/resources/tip/daily-tips/mad-libs-madness>

Mad Lib adapted from ClassroomJr.com

Here is a list of books that are great to read to your child!

I Want My Potty	Tony Ross
Goodnight Moon	Margaret Wise Brown
Green Eggs and Ham	Dr. Seuss
Brown Bear, Brown Bear, What Do You See?	Bill Martin Jr.
One Fish, Two Fish, Red Fish, Blue Fish	Dr. Seuss
Guess How Much I Love You	Sam McBratney
Pajama Time!	Sandra Boynton
Giraffes Can't Dance	Giles Andreae
Dear Zoo: A Lift-the-Flap Book	Rod Campbell
Toes, Ears, & Nose! (A Lift-the-Flap Book)	Marion Dane Bauer

Encourage Reading

Here are some ways you can help build your child's reading skills:

- As you read together, point to letters and words on the page.
- Read with your child in the language you know best.
- Read signs while you go for a walk or are driving in the car with your child.
- When you see it, point out the first letter of your child's name.
- When you are reading with your child ask them what they think will happen next in the story before moving onto the next page.
- Encourage your child to "read" the story to you. It is okay if the words are not right and they are just basing the story on the pictures.
- Make sure you have books and magazines in your home. Go to the library regularly to check-out new books.

Brain Building

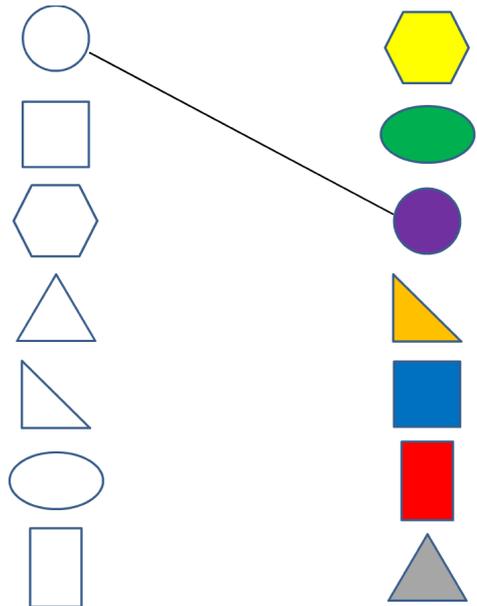
Children are naturally curious and want to learn as much as they can. They are very quick learners. They begin to understand concepts such as you and me; time; yesterday, today, and tomorrow; and how to figure out problems. Soon they will start to recognize shapes and colors; numbers and letters; and eventually recite the alphabet. As growth occurs these intellectual abilities continue to increase, but stimulation and help is necessary.

Children will:

- Respond to simple directions such as “Get your shoes”
- Make simple decisions such as which toy to play with or which color of cup to use
- Recognize self in mirror
- Talk briefly about what they are doing
- Name items in a picture book such as a cat, bird, or dog.

Matching

Ask your child to point to shapes that are the same on the left as they are on the right. You can also have children color the white shapes to match the colored in shapes. Talk them through it to help teach them the shapes and color names.

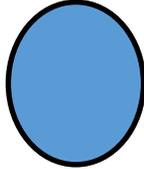


Color and Shape Recognition

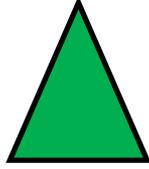
Children ages 2 to 3 should begin to recognize the primary colors and shapes. Randomly point to the following objects with your child to help them learn the colors and shapes.



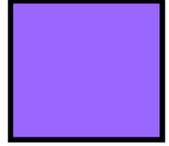
Rectangle



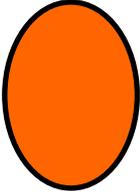
Circle



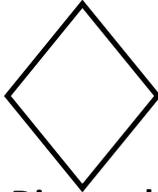
Triangle



Square



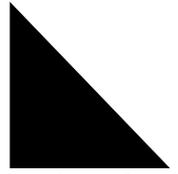
Oval



Diamond



Heart



Triangle

Number Recognition

Many children learn to count out from 1 to 11 from memory, but when they are asked to identify the numbers out of order they are unable to recognize the numbers. To help your child learn to identify the numbers it is important for them to learn them out of order. Have your child practice by pointing to the following numbers and identifying them.

2 7 1 9 4 10

8 5 3 0 6 11

Use Imagination

Let children use their imagination while playing dress up; playing house, doctor, or construction worker; and telling stories! This allows free expression of emotions and encourages children to be creative. Provide simple props for make-believe, dress-up, and role-playing games. Interact with your child and allow them to play with friends or siblings this is great for social and emotional development.



Using play dough, blocks, or Legos/Duplo block to create structures uses your child's imagination as well. Allowing them to make what they want shows that they can be independent and make decisions on their own. Encourage them along the way! Look for a recipe for playdough in the upcoming pages of this book.



Screen Time Recommendations

Birth to 18 months

Avoid all screen media—phones, tablets, TVs and computers. It's okay to video chat with grandparents and far-away friends.



18 months to 2 years

It's okay to introduce young children to high-quality children's media if you watch it with them and help them understand what they're seeing.



2 to 5 years

Limit screen use to one hour a day of high-quality programs designed for children. Watch with your children; explain what they are seeing and how it applies to the world around them.



REMEMBER:

- Your child learns best through their interactions in the real world.
- Your use of media shows your child what is okay and important.
- Your child learns most through their interactions with you.
- Your child can get easily distracted by the television even if it is on in the background.

Create a family media plan at:

<http://www.healthychildren.org/MediaUsePlan>

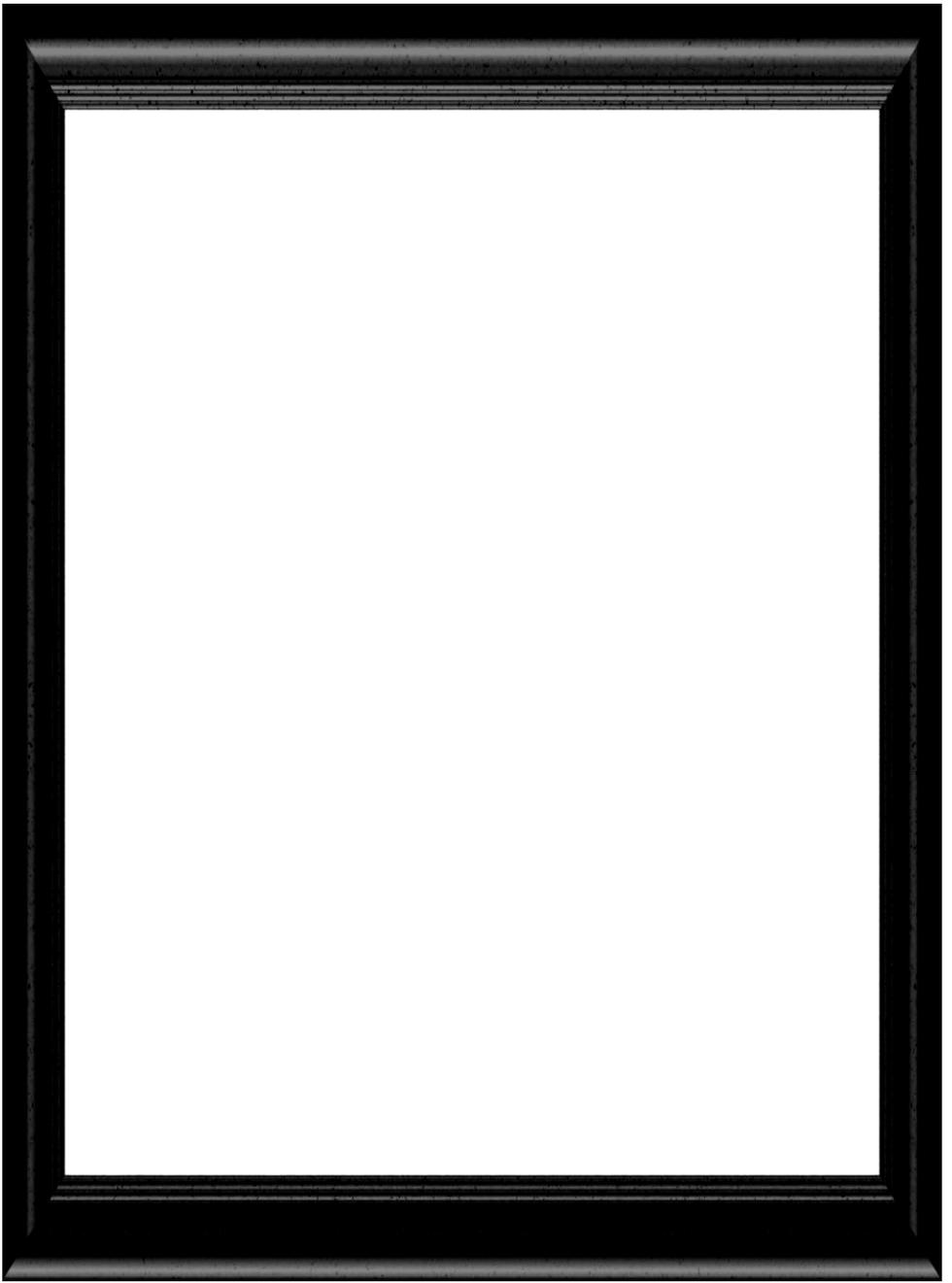
Writing and Drawing Skills

Writing is an area that will develop quickly as children grow up. In order to help you understand what the stages of writing and drawing look like, we have provided you with examples from each stage.

Help encourage your child to write and color by having crayons, markers, and paper in your home. Scribbling leads to writing, so be sure to give your child plenty of time to scribble and draw. Let your child see you write in the language you know best. Other ways to make drawing fun is to use shaving cream or sidewalk chalk.

REMEMBER, each child develops differently so try not to compare your child's writing to another child's. If you have concerns about your child's writing you can speak with your child's doctor, teacher, provider, or contact Willamette Education Service District at 503-588-5330.

<p>Kindergarten:</p> <p>Writing Rubric Samples</p>	<p>(1) Pre-Writer</p>  <p><i>A road</i></p>	<p>(2) Emergent Writer</p>  <p><i>I am beside the ball.</i></p>
<p>(3) Developing Writer</p>  <p><i>I play with my mom.</i></p>	<p>(4) Capable Writer</p>  <p><i>I woch TV with my Family.</i></p> <p><i>I watch T.V. with my family.</i></p>	<p>(5) Proficient Writer</p>  <p><i>I play with my dad outside playing foot ball. We play at Nigt!</i></p> <p><i>I play with my dad outside playing football. We play at night!</i></p>



Have your child draw a picture here

Fun and Easy Art Projects



What you need

- White glue
- Liquid watercolors (or Food Color and water)
- Ice cube tray
- Pencil
- Table salt
- Pipettes /droppers (or a paint brush)
- Card stock or thin cardboard
- A tray or baking pan

Steps

1. Write on paper with glue.
2. Pour salt over glues so all of it is covered- shake excess off paper.
3. Drip food coloring over the glue to see colors appear.

Use ice tray to add food coloring and water together, transfer from ice cube tray to salt/glue using dropper

Melting Ice with Watercolors



What you need

- Cake pan
- Salt
- Food coloring or water colors
- Paint brushes, small spoons
- Ice cube tray
- Bowl of warm water
- Shallow baking dish
- Plastic tablecloth or towels (to protect work area)

Steps

1. Make ice in freezer before experiment.
2. Pour salt over ice.
3. Let children paint from ice tray full of water colors or food coloring.
4. Watch ice melt and colors spread.

Puffy Painting

What you need

- 1 tbsp self-rising flour
- Food coloring
- 1 tbsp salt
- Little bit of water (start with 1/4 tsp per color)

Steps

1. Combine your flour and salt in a small bowl. Add a little bit of water and stir until you get a smooth, thin paste (about the same consistency of stirred yogurt). Add your food coloring, and mix well.
2. Paint onto card stock or cardboard.
3. Put in microwave for 30 seconds and watch it rise!



Let your child use different size brushes to make smaller and bigger lines.

Let your child paint with water on a blank piece of paper. You can also go outside and let your child paint on the sidewalk, walls or fence with water. It is fun to paint and watch the water disappear!



Play Dough Recipe

What you need	Steps
<ul style="list-style-type: none">• 1/2 cup water• Food coloring• 1 cup flour• 1/2 cup salt	<ol style="list-style-type: none">1. Add water and food coloring to a bowl and mix together.2. Stir salt and flour into the bowl to mix with colored water3. Once dough clumps together, form into a ball <p><i>If dough is too sticky, add in a little extra salt and flour</i></p>



Playing with each substance will help with sensory skills.



Oobleck

What you need	Steps
<ul style="list-style-type: none">• 1/2 cup cornstarch• 1/4 cup water• A couple of drops of food coloring	<ol style="list-style-type: none">1. Add the food coloring to water.2. Put the cornstarch in cup, bowl, or tray.3. Stir the water into cornstarch.4. Play with oobleck! Let it drop off your fingers, but then watch as you can form a ball with it.5. Is it a solid or a liquid?

Resources

Mid-Valley Parenting

Parent information, education,
and resources

<http://www.midvalleyparenting.org>

503-623-9664
ext 2368

182 SW Academy St, Suite 220

Dallas OR 97338

211 Information

Childcare/ Preschool information

<https://www.211-info.org>

211

Women, Infants and Children (WIC)

Polk County WIC Office

<http://www.co.polk.or.us/ph/wic-women-infants-children>

(503)623-8175

182 SW Academy St, Suite 302

Dallas OR 97338

Family Building Blocks (Playgroups and Respite Care)

Gracie's Place

<https://www.familybuildingblocks.org/>

(503)363-3057

1135 Edgewater St. NW

Salem, OR 97304

Academy Building

<https://www.familybuildingblocks.org/>

(503) 877-8473

182 SW Academy St. Ste 110

Dallas, OR 97338

Oregon Child Development Coalition

Early Head Start and Head Start
Migrant programs and Migrant
season programs

<http://www.ocdc.net/>

(503) 838-2745

535 G Street

Independence OR 97351

Community Action Early Head Start and Head Start

273 Southwest River Drive,

http://www.mwvcaa.org/CAHS/CAHS_home.html

(503) 581-1152

Dallas OR 97338

246 I Street

http://www.mwvcaa.org/CAHS/CAHS_home.html

(503) 581-1152

Independence OR 97351

Grand Ronde Early Head Start

Early Childhood Education

<http://www.grandronde.org/departments/education/early-childhood-education/>

1-800-422-0232
ext. 2287

Grand Ronde, Oregon, 97347

Polk County Libraries

Independence Public Library 175 Monmouth St, Independence	http://www.ci.independence.or.us/library	503-838-1811
Monmouth Public Library 168 Ecols St S, Monmouth	http://www.ci.monmouth.or.us/	503-838-1932
Dallas Public Library 950 Main St, Dallas	http://www.ci.dallas.or.us/102/Library	503-623-2633
Wagner Community Library 111 N Main St, Falls City	https://www.facebook.com/ WagnerCommunityLibrary	503-787-3521 ext 319
West Salem Public Library 395 Glen Creek Rd NW, Salem	http://www.cityofsalem.net/Departments/Library/ Pages/home.aspx	503-588-6315
Amity Public Library 307 Trade St, Amity	http://www.ci.amity.or.us/	503-835-8181
Sheridan Public Library 142 NW Yamhill St, Sheridan	http://www.cityofsheridanor.com/library	503-843-3420
Willamina Public Library 382 C St, Willamina	http://willamina.ccrsls.org/	503-876-6182
Confederated Tribes of Grand Ronde Library	<a href="http://www.grandronde.org/departments/
education/library/">http://www.grandronde.org/departments/ education/library/	800-422-0232 or 503-879- 5211

REMEMBER: You are not alone. There are people and resources available to make it easier. IT IS OKAY TO ASK FOR HELP!

NOTES



Mid-Valley
Parenting
PARENTING WITH PURPOSE

182 SW Academy St, Suite 220

Dallas, OR 97338

503-623-9664 ext. 2368

www.midvalleyparenting.org



<https://www.facebook.com/MidValleyParenting/>