

# Is Your Child Ready To Learn? Preschoolers aged 3-6: Information for Parents and Caregivers



Image credit: Adobe Stock

**Summary:** Children are born ready to learn. Children are naturally curious and want to learn and make sense of the world around them. Children learn best through everyday experiences with the people they love and trust, and when learning is fun.

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You can encourage your child's readiness to learn in the following ways:

## Literacy Skills

You can help your child by:

- Helping your child recognize letters and words on signs and labels
- Providing lots of opportunities to use writing materials like paper and crayons
- Cuddling and reading together everyday
- Getting a library card
- Asking questions about the story you are reading
- Using the dictionary so that the child sees you learning about new words
- Always making reading a happy experience

## Physical Development and Well-Being

You can help your child by:

- Encouraging your child to get dressed on their own
- Encouraging your child to use the bathroom independently
- Involving your child in preparing healthy meals and snacks
- Playing inside and outside and finding activities you enjoy as a family
- Making sure your child get enough sleep
- Getting his immunization (shots) on time

- Having a smoke free environment

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## Language and Communication Skills

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You can help your child by:

- Talking about what your child needs
- Encouraging your child to use “I” messages (“I feel angry when you take my toy”)
- Giving your child clear and simple instructions
- Asking your child questions that encourage thinking and decision-making
- Talking and putting words to how your child feels

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## Social and Emotional Development

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You can help your child by:

- Helping them learn to play, share and make new friends
- Giving them time to play on his/her own
- Encouraging them to make some decisions
- Giving your child a few easy chores
- Showing your child how to take care of their things
- Showing them how to calm down when you get upset (take a break, talk it through)
- Focusing their attention when needed
- Showing a positive attitude toward school

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## Learning (Cognitive) Skills

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You can help your child by:

- Showing your child that it is exciting to learn new things
- Teaching your child their full name, address and phone number
- Encouraging your child to solve simple problems
- Practicing sorting socks, utensils, colours and shapes
- Following a recipe, measuring and pouring
- Playing with your child and following their lead
- Encouraging them to play with many toys and materials (blocks, play dough, fingerpaint)

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## Remember... You are your child’s first and most important teacher!

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- Your child has learned and will continue to learn an incredible amount from you and from all the experiences he/she has had.
- There are services and programs available in the community to support early learning in partnership with you.
- Parent and community involvement in schools improves student success.
- Be involved by communicating , participating and supporting your child’s school.
- It takes a community to raise a child.

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## About this Document

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Written by members of the Best Start Network of Stormont, Dundas and Glengarry, Ontario, Canada.

## Disclaimer

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