

# READY! for Kindergarten®

June 2018

## Spending time together.

Children learn and thrive in the context of secure relationships. Maintaining a warm and responsive relationship (bond) between parent or caregiver and child promotes healthy social, emotional, and brain development.

Hello READY! Parents & Caregivers,  
Here are several everyday ways you can help nurture your child's social and emotional development:

- **Talk and listen to your little one.** Talk out loud about what you are doing, seeing, hearing, and thinking during the day. Toddlers “talk” using many sounds, gestures, and actions. When he or she babbles, talk back. Show excitement when your child begins to say words.
- **Read, play and explore together.** Be actively involved – it's the best way to learn and build relationships at any age. Explore outside. Consider the child's interests and personality when choosing activities. Young children need physical activity every day ... and so do adults.
- **Give kindness and understanding.** Respond to your child's needs promptly; be gentle and speak kindly. Show empathy when your child is upset. Treat them with the same manners and respect you show others.
- **Make eye contact; smile.** Facial expressions show children they are loved and cherished. Attentive eye contact and a warm, adoring smile builds a child's sense of confidence, self-worth, and security. If this doesn't come naturally, make a conscious effort to slow down and focus on your child.
- **Be consistent; establish routines.** Toddlers are happiest when life is predictable and they know what to expect. Provide meals and snacks on regular schedule. Establish routines for daily events.
- **Assure child feels safe.** Always supervise a toddler. Be alert to safety hazards and health issues. Pay extra attention to keeping your home baby-proofed for a child who walks and climbs. Respect your child's feelings of distress and separation anxiety; comfort and stay near when your child is afraid; stay close and calm during a tantrum.



### Make Time To Play!

Enjoy spending time together with your child today and everyday this Summer! And we can't wait to spend more time with you at the next READY! for Kindergarten workshop.

**Registration is now open!**



Workshops begin this October!  
Follow the link for dates and to register:  
**Workshop schedule**

## Follow the Reading Wagon!

This summer the Reading Wagon will be out at summer family events. Bring your kids to select a free book from the wagon! Follow our Facebook page to find out where we will be next!

Also, did you know? We love to recycle gently used books for the Reading Wagon. If you are cleaning your book shelves, bring your books to the United Way office (501 E. Lakeside Ave. Suite #3, in Coeur d'Alene) so we can share them with other young readers! [Find the Reading wagon](#)

