See your local child care provider.

Email EarlyLearningFL to obtain other booklets in the series:

Fours
Threes
Twos
Ones
Infants

The series includes booklets for:

Early Childhood Collaborator. It was written by early childhood professionals in your community.

This booklet was originally funded by the Juvenile Welfare Board of Pinellas County and developed by the Pinellas Early Learning Coalition of Pinellas County, Inc. It is pleased to present you with:

ONES
Child Development Checklist & Tips
Internet Parenting Resources

www.elcpinellas.net
www.jwbpinellas.org
www.rclub.net
www.kidsgrowth.com
www.pclb.org

www.familyeducation.com
www.parenthood.com
www.zerotothree.org
www.parenting.com
www.pcsb.org

www.rif.org
www.allkids.org
www.healthystartpinellas.org
www.211tampabay.org
www.pbs.org/parents
Resources

Community Resources

Medical Emergencies .................................................. 911
Poison Control ......................................................... 1-800-222-1222
SafeKids (childproof home, car seats, water safety, injury prevention) ...................... 1-800-756-7233
Pinellas County Health Department (low cost physicals, immunizations) ...................... (727)824-6900
Community Health Centers of Pinellas (referrals, prescriptions) ................................. (727)821-6701
Florida Kid Care (health insurance) ............................................................................
American Red Cross (infant/child first aid & CPR classes) ........................................... (727)446-2358
US Consumer Product Safety Hotline (unsafe or recalled products) ......................... 1-800-638-2772
Car Seat Education and Safety ....................................................................................
Community Resources (clothing, emergency shelter, counseling, parent support) ............... 2-1-1
WIC Florida (food for women, infants, and children) .................................................. 1-800-342-3556
Public Library Information ......................................................................................... (727)441-8408
Reporting Suspected Child Abuse or Neglect ............................................................... 1-800-96ABUSE
.................................................................................................................... (1-800-962-2873)

Child Care Resources

Child Care Resource & Referral (locate child care centers and homes) ......................... 2-1-1 or (727)210-4211
Voluntary Prekindergarten (VPK) ................................................................................... (727)400-4411
School Readiness Child Care Wait List / Eligibility Requirements ................................. (727)400-4411
Pinellas County Child Care Licensing (history of compliance/complaints) ..................... (727)507-4857

Child Development Resources

The Early Learning Coalition (ELC) Warm Line ............................................................. (727)545-7536
Early Steps (birth to 36 months) ..................................................................................... (727)767-4403
Early Steps Parent Support ............................................................................................ (727)767-6705
FDLRS Child Find (birth to 21 years) ........................................................................... (727)793-2723
Parenting and Child Guidance ...................................................................................... (Helpline) 211

Project Challenge (concerns about my child’s behavior in child care) ..........................
Thinking & Reasoning

Early Childhood Development has a big impact on how we experience everyday life and the skills we develop.

Tips

1. Encourage your child to make choices.
2. Provide opportunities for sensory experiences with play dough, sand, and water.
3. Choose books that are age-appropriate.
4. Encourage your child to explore their environment.

Your child’s thinking and reasoning skills are best supported when:

- You spend time playing with your child.
- You provide simple chances to explore the world around them.
- You encourage them to play with toys that challenge and engage them.
- You involve them in everyday activities and chores.

Starting Out

Start with simple activities that involve your child, like playing with toys, gluing, or playing with water. This helps to develop their fine motor skills and hand-eye coordination. Encourage them to explore their environment and ask questions about the things they see and hear.

If you have any concerns about your child’s development, contact your local health visitor or early childhood educator. They can provide advice to help support your child’s development.

Food for thought: Your child’s basic needs must be met. These needs include love and affection, play, and a healthy diet. Make sure your child is entertained and engaged in activities that stimulate their mind.

Jean Piaget’s theory of cognitive development is a key concept to understand. According to Piaget, children learn through exploration and interaction with their environment.

References: Understanding Basic Needs

Critical thinking questions to ask yourself:

- Do you think your child is learning new things?
- Are you providing opportunities for learning and exploration?
- Are you making sure your child’s basic needs are met?
- How can you support your child’s development?
Does your child....

...roll a ball back and forth with you? □ □

...try to help with bathing or dressing? □ □

...fill a container with toys, dump the toys out, and fill the container again? □ □

...search for hidden or missing objects or toys? □ □

...play alongside other children? □ □

...show a clear preference for certain colors, foods, and clothes? □ □

...say, “No!” instead of hitting when a child takes her toy? □ □

...respond to seeing herself in the mirror? □ □

...insist that some objects are “mine”? □ □

...poke, drop, push, pull, or squeeze objects to see what will happen? □ □

...frown and say, “No!” when she doesn’t want to do what you want her to do? □ □

...try to figure out how things work? □ □

...imitate what she sees you do, such as cooking, sweeping, or using tools? □ □

...identify the sounds animals make? (When you ask, “What does the cow say?” she answers, “Moo”) □ □

...complete a simple 3 piece puzzle? □ □

...invite you to play by taking you by the hand, leading you to a play area, and giving you a toy? □ □

...use objects in different ways, such as using a block for a phone or a pot for a hat? □ □

This is one in a series of five resource booklets on child development. The series also includes booklets on infant, two year old, three year old, and four year old development.

Each booklet begins with sections on Brain Development and Safety followed by Domains of Development that align with the Florida Early Learning and Developmental Standards. The Resources page provides community and Internet resources to help meet the needs of families and young children.

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Introduction
Reading & Writing

Reading Tips

The Importance of Your Role as a Parent Cannot be Underestimated

In addition to providing academic support, parents play a crucial role in fostering a love for reading and writing in their children. By creating a positive environment at home, parents can help their children develop a strong foundation in language and literacy. Here are some tips to support your child's reading and writing skills:

1. **Create a Reading Environment**
   - Establish a dedicated reading area in your home.
   - Keep books and reading materials easily accessible.
   - Encourage regular reading times, such as before bed or during family meals.

2. **Model Reading Behavior**
   - Show your child how much you enjoy reading by being an active reader yourself.
   - Discuss the books you read with your child.

3. **Encourage Questions and Discussions**
   - Ask open-ended questions about what your child is reading to encourage deeper comprehension.
   - Discuss the themes and ideas in the books you read together.

4. **Provide Opportunities for Writing**
   - Encourage your child to write stories, letters, or journal entries.
   - Celebrate their writing efforts and encourage them to share their work with others.

5. **Read Aloud Together**
   - Read aloud to your child regularly.
   - This helps build vocabulary and comprehension skills.

6. **Use Technology Wisely**
   - Introduce educational apps and online resources that can enhance reading and writing skills.

7. **Support Their Interests**
   - Encourage reading and writing in areas that interest your child.
   - Support their creative writing projects and hobbies.

8. **Be Patient and Encouraging**
   - Celebrate small victories in their reading and writing progress.
   - Provide constructive feedback rather than criticism.

By actively engaging in these activities, you can play a significant role in shaping your child's literacy skills and fostering a lifelong love for reading and writing.
Does your child....

YES  NOT YET

...bring a book for you to read to her?  

...enjoy listening to you read books?

...talk about the pictures and name objects in books?

...explore a variety of books?

...pretend to read books?

...ask you to repeat favorite rhymes, fingerplays, or stories?

...pick up small objects using her forefinger and thumb (pincer grasp)?

...scribble on paper with a large crayon or marker?

...imitate familiar roles and routines, pretending to be a parent, sibling, or pet?

...use a toy telephone to “talk to” a familiar person?

---

Read to your child every day and she will grow up to be a reader.

---

Brain Development Tips

Your child’s brain will develop best when you:

* talk to her often, ask questions, and show an interest in what she is doing and experiencing.
* offer a variety of healthy foods and water throughout the day.
* name, count, and describe objects.
* read to her every day.
* sing songs, play rhyming games, and listen to different kinds of music every day.
* respond to her feelings and provide words she can use to express her emotions.
* provide opportunities for her to play with problem solving toys and puzzles.
* stay calm and happy, avoiding stress and traumatic experiences.
* do not expose her to television or other media. The American Academy of Pediatrics strongly discourages television viewing for children ages two years old or younger.

“It’s not if your child is learning; it’s what your child is learning that’s important.”

“The bottom line on brain research? Love your children. Talk to them. Read to them.”

~ Rob Reiner
Listening & Talking Tips

Talk to your child
- When you read, talk about the pictures. Point to parts of the picture and ask questions.
- When you cook, talk about the ingredients. Ask your child to help you measure and mix.
- When you play outside, talk about the animals and plants you see. Ask your child to point them out.

Your child's talking and listening skills are best supported when:
- You spend quality time with your child and make eye contact.
- You use simple sentences and repeat what your child says.
- You encourage your child to ask questions and make comments.
- You praise your child's efforts and encourage them to keep trying.

Tips for Promoting Exploration:
- Provide a safe environment for your child's play and learning.
- Encourage your child to explore and discover their surroundings.
- Read books and stories to your child to promote language development.
- Sing songs and play games to stimulate your child's imagination.
- Encourage your child to use their imagination in their play.

Tips for Promoting Social Skills:
- Encourage your child to share and take turns with others.
- Encourage your child to communicate their needs and feelings.
- Encourage your child to make friends and play with others.
- Teach your child how to make eye contact and use polite language.

Promote a Safe Environment:
- Keep your child's room and play area clean and clutter-free.
- Keep medicines and cleaning products out of reach.
- Keep sharp objects and choking hazards away from your child.
- Keep your child's room and play area well-lit and safe for your child.

Play is one of the most important ways in which children learn about the world and develop their skills.

Safety
Does your child...

- use one word to express her needs and wants, such as “up”, “more”, or “cup”?
- recognize the names of familiar people and objects?
- point to her body parts when asked, “Where is your nose?” or “Where is your foot?”
- respond to requests, such as “come”, “eat”, or “clap” and follow simple instructions?
- follow two-step directions, such as, “Bring me your shoes and sit down in the chair”.
- repeat familiar words and use new words?
- attempt to sing simple songs?
- pat a picture of a baby in a book when you ask, “Where’s the baby?”
- recognize and name pictures of familiar objects or people?
- use two words together like, “All gone”, or “Drink milk”?
- ask many questions, especially Why and What questions?
- say “No” frequently?
- talk on a toy telephone during pretend play?

* adjust the water heater temperature to 115°F or less and check bath water temperature before placing her into the water.
* never leave her unattended near water (bathtub, toilet, swimming pool, wading pool, or bucket). Supervise her closely and remember that children can drown in less than 3 inches of water.
* consider her emotional development, physical abilities, health concerns, and frequency of exposure to water before enrolling her in formal swim lessons.
* choose toys that are unbreakable, washable, non-toxic, and at least 2” in diameter.
* do not serve foods that can cause choking, such as grapes, nuts, popcorn, peanut butter, or hotdogs.
* teach her simple safety rules and help her understand the importance of avoiding common dangers, such as hot appliances and moving cars.
* make sure she holds your hand while crossing the street or walking through parking areas.
* keep all guns out of your house or store locked, unloaded, and uncocked guns in an out of reach, locked container. Store ammunition separately.
* attend a first aid and Pediatric CPR (cardiopulmonary resuscitation) training. (See Resources.)
Physical Development

Does your child...

- wash her hands before meals and brush her teeth before bedtime (with adult help)?
- walk without holding onto anything?
- push or pull large objects?
- stand on tiptoes to reach for objects?
- throw a ball, beanbag, or Koosh toy?
- do hand motions to fingerplays, such as "The Itsy Bitsy Spider"?
- empty and fill containers?
- stick at least 3 small items, such as blocks, boxes, or cans?
- help turn the pages of a book?
- eat a spoon and drink from a cup (with some spilling)?
- help with dressing by lifting her arm or leg?
- choose to eat a variety of healthy foods in adequate amounts?
- ...

Yes

No

NOT YET

Social & Emotional Development Tips

Your child's social and emotional development is best supported when you:

- hold her, hug her, and attend to her with smiles, a happy voice, and laughter.
- understand that she learns by testing limits. It is normal for her to assert her independence by stepping on her own, instead of "don't run."
- provide positive guidance to let her know what is acceptable. Say "Use your walking feet!"
- develop routines for meals, diapering, bath time, and bedtime.
- encourage the use of comfort objects (blanket, stuffed toy, or doll) to help her calm herself.
- offer choices whenever possible. "Do you want to play with blocks or the puzzle?"
- let her cry before offering help, so she can experience success independently.
- provide opportunities for her to play with other children.
- do not expect her to share. She is too young to understand.
- allow her to express emotions, such as happiness, sadness, fear, or anger in a safe way.

"We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

~ Virginia Satir
Does your child....

...seek help from you or other adults?  

...seek you out to play with her?  

...actively explore her environment while occasionally making eye contact with you?  

...focus during short activities, such as listening to a story or playing with a favorite toy?  

...test limits and sometimes refuse to do what you want her to do?  

...say, “No” often?  

...seek help from you or other adults?  

...use words to get her needs met, such as by asking for “more juice”?  

...imitate your actions or words?  

...sometimes pout, whine, or cry to get what she wants?  

...use “I”, “Mine”, and “Me” often?

Physical Development Tips

Your child’s physical development skills are best supported when you:

* offer a variety of healthy foods and water throughout the day.
* set a daily schedule for sleeping, napping, eating, bathing, and tooth brushing (with your help).
* eliminate bottles by 18 months. Bedtime bottles may cause tooth decay, ear infections, or thrush.
* provide opportunities for her to drink healthy beverages from a cup.
* provide finger foods and encourage her to feed herself. Messy eating may be frustrating, but the skills she is learning are important to her development.
* make sure she has regular medical checkups, up-to-date immunizations, and prompt medical attention when needed.
* provide time for her to play outside and get exercise daily.
* provide a space for her to dance, run, spin, sway, and move to music.
* play ball (roll, throw, catch, or kick) with her.
* provide opportunities for her to move around on riding toys.
* provide opportunities for her to play with play dough, fingerpaint, and sand.
* allow her to practice dumping and filling containers of all sizes.
* provide a variety of play materials, such as blocks, puzzles, nesting toys, stacking toys, and pounding/hammering toys.
* avoid exposing her to television or other media. The American Academy of Pediatrics strongly discourages television viewing for children ages two years old or younger.

Movement is an important way for young children to learn about themselves and the world around them.
Learning Styles

Does Your Child...

...display curiosity by moving around and exploring all areas of her environment?

...repeat and take pleasure in new skills, such as climbing stairs and making sounds?

...experiment with new materials, such as play dough or fingerpaint?

...try to open a container to get an object?

...ask you to read the same book over and over again by saying "more."

...repeatedly try to fit a shape into a shape-sorter until you give in?

...view and explore objects from all sides?

...imitate familiar events, such as cooking, stirring, or talking on the phone?

...act out everyday activities, pretending to be a mommy, daddy, or baby?

...stamp her feet to loud music and tips to soft music?


Learning Styles Tips

Your child’s unique learning style is best supported when you:

• Sing songs, read stories, and practice fingerplays repeatedly with her.

• Provide empty containers for her to fill with small toys, dump out, and fill back up again.

• Introduce interesting toys, games, and sounds to encourage her curiosity and creativity.

• Place her on the floor with a wooden spoon and a variety of pots, pans, cans, and boxes.

• Let her hold a chelled item and talk about how cold it feels.

• Encourage her to "make music."

• Provide dress-up clothes and props to encourage pretend play.

• Model pretend play, such as mommy/daddy roles or baby doll care.

• Allow her to try, but help her be successful when she struggles.

Your children uses curiosity, persistence, and creativity to gain knowledge and skills. Keep these strategies in mind as you interact and play with your child.