Learn Early, Learn for Life.

Early Learning Office of Palm Beach County

Visit our website at PalmBeachCounty.org/education

Or see your local child care provider.

Email info@earlylearninginc.com to obtain other booklets in the series.

Fours
Threes
Twos
Ones
Infants

The series includes booklets for:

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

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

A Child Development Checklist and Tips Booklet

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 ................................................................................................
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

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

- Allow him to try, fail and err. It is an important part of learning and problem solving.
- The puzzle frame.
- Help him put puzzle away in a organized manner. Such as placing connecting blocks in a container and puzzle pieces in another one.
- Place toys where he can see and reach them, such as on low open shelves.
- Model problem solving by thinking aloud (example: "I know what I need to do, but I don't know how to do it."").
- Allow him to do things independently but offer help when he becomes frustrated.
- Allow him many opportunities to touch, feel, see, smell, and hear things in the environment.
- Let's let's try!
- Model problem solving by thinking aloud (example: "This piece looks too big! Let's try..."
- Follow the 4 P's of play: physical, cognitive, social, and emotional.
- Provide toys like puzzles, blocks, and other objects that encourage pretend play.
- Provide appropriate toys which require thinking such as 3-6 piece puzzles, blocks, etc.

Your thinking and reasoning tips are best supported when you:

- Help early and your child on the right track to learn and develop the skills he needs.
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Does your child...

...describe his drawings or scribbles to you?

...understand the concept of one and two? (Example: When you ask him to give you two cars, he places two cars in your hand.)

...sometimes say “please” and “thank you” without prompting?

...take things apart and sometimes put them back together?

...stack and sort items or toys?

...repeatedly ask “Why?”

...answer questions about something that happened earlier?

...laugh at funny things?

...understand the meaning of “on top of” or “under”?

...imitate what you and others do?

...invite you to join in his play, such as by saying “Let’s ride a bus. You sit here”?

...repeat activities over and over again?

...poke or hug another child to initiate an interaction?

...complete a 3-6 piece puzzle by turning a puzzle piece until it fits?

This is one in a series of five resource booklets on child development. The series also includes booklets on infant, one 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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The Importance of Your Role as a Parent Cannot Be Underestimated

Emotional Needs

When you respond to your child’s cries and cues with patience and compassion, you are meeting his emotional needs. Children need to feel safe and secure in their environment. Patience promotes brain development.

Reading & Writing Tips

Try to read the pictures as you read and ask questions about the story. Follow him or her around as you read. If he picks the same book over and over, your child may be learning through repetition and building a memory.

Provide books and Fuller things with few words and repetitive phrases. Your child can see the pictures and words in both books. The more you read to your child, the more they will understand and begin to make sense.

Your child’s reading and writing skills are best supported when you:

1. Provide books and Fuller things with few words and repetitive phrases.
2. Read your child books and let them see the pictures and words in both books.
3. Ask questions while reading as you read.
4. Follow your child around as they read.
5. Show your child the pictures as you read.
6. Encourage your child to read on their own.
7. Read your child books frequently.
8. Provide books with few words and repetitive phrases.
9. Ask questions while reading.
10. Follow your child around as they read.

Your child’s brain will react to positive and negative experiences.

Experiences, good nutrition, a safe environment, and routine doctor visits can help stimulate your child’s brain and contribute to positive brain growth. Providing developmentally appropriate experiences helps your child to learn and develop. Your child’s brain will react to positive and negative experiences.
Does your child....

...enjoy listening to stories and looking at picture books?  

...ask that his favorite book be read over and over again?  

...point to and talk about the pictures in books?  

...retell familiar stories in his own words?  

...know how to hold a book and turn the pages from right to left?  

...hold a pencil/crayon/marker with his thumb and forefinger instead of a fist grip?  

...use a pencil/crayon/marker for “pretend writing”?  

...recognize the first letter of his name?  

...recognize familiar signs, such as restaurant, grocery store or stop signs?


Brain Development Tips

* talk to him often, ask questions, and show an interest in what he is doing.  
* name, count, and describe objects.  
* read to him every day.  
* sing songs, play rhyming games, and listen to different kinds of music every day.  
* respond to his feelings and provide words he can use to express his emotions.  
* provide opportunities for him to play with problem solving toys and puzzles.  
* offer a variety of healthy foods and water throughout the day.  
* stay calm and happy, avoiding stress and traumatic experiences.  
* avoid exposing him to television, computer, or video games. 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

- Model good language: speaking, talking, and listening.
- Discuss the words if they say wrong.
- Repeat the words if they say wrong.
- Encourage him to use new words instead of grunts or gestures.
- Find songs,licker, or themes to "twinkle, twinkle, little star," or "功课,功课, you do in school,
- spark what you are doing and what is done.
- Come down to eye level so he knows what he says is interesting and important.
- Engage in conversation to help increase his language skills and knowledge.
- Your child needs listening and listening skills are best supported when you:

Safety

- Always be safety is as simple as ABC - A is Always Be.
- Careful! Be careful while cooking and keep the gas off.
- Keep him in a safe place while you cook and keep him away from the inside of the stove.
- Wash a meal that is properly bottled in the back seat of the vehicle.
- Watch him closely and never leave him home alone or unattended in a car.
**Safe Swimming**

- Adjust the water heater temperature to 115°F or less to prevent burns.
- Never leave him unattended near water (bathtub, toilet, swimming pool, wading pool, or bucket). Supervise him closely and remember that children can drown in less than 3 inches of water.
- Consider his emotional development, physical abilities, health concerns, and frequency of exposure to water before enrolling him 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 him simple safety rules and help him understand the importance of avoiding common dangers, such as hot appliances and moving cars.
- Make sure he 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.)
Social & Emotional Development

Choosing the Right Time to Talk

- Offer choices to help prevent conflicts, such as, “Do you want to wear your blue shirt or your green shirt?” Don’t offer a choice that’s a physical or emotional impossibility.
- Provide opportunities for him to be with other children who are close to his age.
- Allow time for him to do things independently, such as setting, dressing, and toileting.
- Realize he is too young to still sit or stay with one activity for more than a few minutes.
- Do not expect him to share. He is too young to understand.

Physical Development

Tips

- Use a spoon or folk to eat.
- Help dress and undress himself.
- Do hand motions to nursery rhymes, such as “The Itsy Bitsy Spider”.
- If small objects together; pieces peg in a pegboard, or string beads.
- Pedal a tricycle.
- Jump with both feet off the floor.
- Kick a ball by swinging it forward.
- Stop and turn while running.
- Catch a large ball using his hands and body.
- Walk up and down stairs placing both feet on each stair.

Does your child...
Social & Emotional Development

Does your child…

…say, “No, stop!” when a child takes his toy?  

…insist on doing some things by himself, such as eating, dressing, or toileting?  

…sometimes initiate play with another child?  

…offer to help an adult or child in distress?  

…use play materials in the intended way, such as building with blocks or feeding and rocking a doll or stuffed animal?  

…use words or cry to get your attention?  

…run to you for comfort after falling down or getting hurt?  

…understand and sometimes use words to express emotions instead of hitting when he’s angry or frustrated?  

…identify himself in a photograph?  

…become possessive of certain toys or people (“my truck,” “my mommy”)?  

…test limits and sometimes refuse to do what you want him to do?

Physical Development Tips

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

• provide daily, supervised, outdoor play opportunities to run, jump, climb, pedal, and explore.
• provide opportunities to throw, catch, and kick balls.
• play simple games with him, such as “Ring Around the Rosie”, Hide-and-seek, and Tag.
• provide opportunities for him to use hands together to accomplish tasks, such as unscrewing jar lids, wringing out washcloths, or pouring water from a pitcher.
• help him improve his hand/finger strength by providing opportunities for him to tear paper, use tongs or clothes pins, squeeze sponges, play with play dough, or build with connecting blocks.
• provide opportunities for him to use crayons, markers, paint brushes, and fingerpaint.
• make sure he has regular medical and dental checkups, up-to-date immunizations, and prompt medical attention when needed.
• provide healthy meals and snacks, including 12-16 ounces of low-fat or skim milk daily.
• encourage him to develop self-help skills by patiently supporting him as he pulls his pants up and down, puts on and takes off his shoes, and drinks from a cup without a lid.
• use positive language when he has a toileting accident (“I see you had an accident; that must feel uncomfortable. Let’s go get dry clothes for you.”) If he doesn’t make progress in two weeks, try again a few months later. (Toileting tips and advice: www.parents.com or www.webmd.com)
• avoid exposing him to television, computer, or video games. The American Academy of Pediatrics strongly discourages television viewing for children ages two years old or younger.

The benefits of promoting physical development are well documented. Support your child’s future health by providing nutritious foods and snacks, regular checkups, and opportunities for daily exercise.
Learning Styles

After help when he becomes frustrated with a difficult task.

- When he asks many questions during play, ask these questions to begin conversations.

- Provide opportunities for him to practice self-help skills by setting and feeding himself
- Provide a variety of materials, toys, and activities
- Encourage him to use familiar terms in new ways, such as using a banana as a telephone
- Introduce new experiences

Your child uses

- Shape, size, colors
- Scimble on paper
- Use familiar terms in new and creative ways, such as using a block for a truck
- Complete simple puzzles
- Repeat activities, such as building a block house, knocking it down, and building it again
- Listen closely when a story is being read
- Read himself
- Watch living things (insects, animals, plants) as they move or grow
- Explore new toys to see how they work
- Enjoy helping you perform household tasks, such as setting the table or folding clothes
- Show an interest in sorting items by color, size, or shape

Does your child...