First5

90% OF BRAIN DEVELOPMENT HAPPENS BY AGE 5

HERE'S WHAT YOU CAN DO TO HELP YOUR CHILD:

What is Early Learning?
Early learning is educational programming outside the home for children between birth and 5 years old. It is a high-quality daycare experience. It's not just babysitting. It's an interactive experience for the child which includes stimulating activities such as reading, singing, talking and playing.

SING

Teach your child songs and sing with them.
Don't worry - it doesn't need to be on key!

Language – Language is in itself musical, and when you sing and speak, your child learns about words, language, and communication. Through your singing, language comprehension begins.

New words – While you sing and hold your baby/toddler, you introduce new vocabulary. When you hold up a stuffed dog as you sing about a dog, baby learns to associate the name of that toy with the words you sing. When you sing about parts of the body and kiss your baby's feet or tickle his tummy, he learns new words.

Rhythm and rhyme – Music includes rhythm and rhyme, again, part of our language. In time, babies will recognize rhymes and rhythms.

Play – Singing is one of many methods of play and "sing-play" is a fun way to interact with children.

Family fun – Singing is a great way to involve older siblings in welcoming a new child to the home. Singing to and playing with the baby builds a bond between siblings. Make singing a family activity.

Listening Skills – Like reading, singing is an activity that requires listening. It's another opportunity for your baby to begin to understand language and feelings expressed through language and sing-play.

LOVE – All of the above boils down to using your singing voice as a way to express love. Babies/toddlers don't care if you are a great singer. They only care that you are singing to THEM! In their eyes (and their ears), you'll be a star!

make musical instruments at home!

Bowls turned upside down + spoons make great drums!

How do different bowl types (metal, plastic, glass) make different sounds? Does using a wooden spoon vs rubber spatula make a different sound?

make a shaker

Take a cup with a lid or use an empty bottle with a lid and add rice, popcorn seeds, sprinkles, etc to the container. Make sure to put the lid tightly on! Shake it to make music!

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Know early. Grow early.

First5 Rush County's Early Learning Coalition

To learn more about First5 visit our website www.rushcountyfoundation.org/first5/

Sing a song: walking walking
By Super Simple Songs.
Content Link: https://empoweredparents.co/movement-songs-for-kids/

The kids will enjoy following the instructions to walk, run, stop, tiptoe, jump, swim, sleep and hop, especially when they have to speed up the pace at the end.

Walking walking. Walking walking.
Hop hop hop. Hop hop hop.
Running running running. Running running running.
Now Let's stop. Now let's stop.

Walking walking. Walking walking.
Hop hop hop. Hop hop hop.
Running running running. Running running running.
Now Let's stop. Now let's stop.

Children hopping and running around

Tiptoe tiptoe. Tiptoe tiptoe.
Jump jump jump. Jump jump jump.
Swimming swimming swimming.
Swimming swimming swimming.
Now let's sleep. Now let's sleep.

Wake up!
It's time to go!
Are you ready to go fast?
Okay!

Walking walking. Walking walking.
Hop hop hop. Hop hop hop.
Running running running. Running running running.
Now Let's stop. Now let's stop.

Walking walking. Walking walking.
Hop hop hop. Hop hop hop.
Running running running. Running running running.
Now Let's stop. Now let's stop.
Whew!

SPRING bucket List

◯ Visit one of our LOCAL PARKS

◯ Collect ROCKS

◯ BLOW Bubbles

◯ Color with Chalk

◯ Pick Dandelions

◯ _____
_____

◯ _____
_____

◯ _____
_____

Let's talk:

Ask your little these questions to create conversation:

What do you like about spring?

Would you rather be a bunny or a chick?

What noises do you hear when we are outside?

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