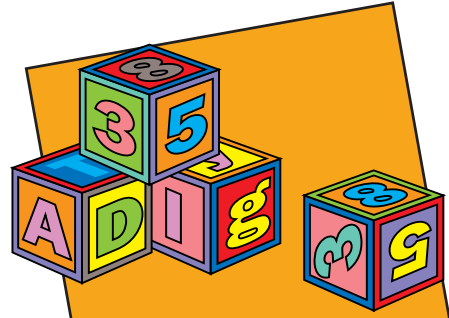


PRESCHOOL PRESS



A Publication of the Anchorage School District STeP Center
and the Early Childhood and Elementary Special Education Department

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WHY IS A PREDICTABLE ROUTINE SO IMPORTANT?

All preschool teachers would agree that a predictable routine can make or break a day at preschool. The same can be said for any summer day at home with children between the ages of 3-5. It would be well worth the effort of parents/guardians to carefully consider a workable daily family schedule for the summer. Although it may take a week or two to make this transition from the school year daily schedule to a modified home schedule or a day care/home schedule, your persistence will pay nice rewards.

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ABOUT THE PRESCHOOL PRESS

This publication is designed for preschool families in the Anchorage School District - it is delivered via email on the third Thursday of the month - to order, email fraczek_eudora@asdk12.org or call 742-3872.

IN THIS ISSUE

In this issue of the Preschool Press, you will find articles for parents and preschool children on the following topics:

Why is a Predictable Routine So Important?
Kindergarten Next Year?
Important Numbers to Remember
Anchorage School District Child Check Brochure

PREDICTABLE ROUTINE, CONT'D

Preschool children mark time by their routines. "Now it is time to clean up and then we will have lunch", makes much more sense to a young child, than "we will eat at 12:30 PM". The initial effort you expend in establishing your daily summer routines will allow your children to begin moving easily through

their day, as they will know, for instance, that "after lunch we take a quiet rest in our rooms". This will give them more independence, instead of relying solely upon you for their entertainment.



What time will your children get up, what will they do before breakfast? What choices will they have for breakfast and what will happen after? Will they watch TV? How many minutes and which programs? If your child watches too much TV, you can be certain that they will get restless, look for inappropriate ways to get active, and reap negative consequences for everyone. Not to mention that the TV/video addicted child is a child who does not know how to play

by himself or with others. What will they do in the afternoon and when will dinner be? What happens after dinner?

A regular routine will help you, as well. You will know when you can rest and relax during your day. You will know when you can meet your own needs, as you meet the needs of your children. What are your expectations for this summer? It is good to think about this ahead of time. What do you hope for your children and for yourself? Always remember, with young children, simple is beautiful. Live in the here and now.

Allow your child the opportunity to develop friendships with other children in age appropriate activities. Allow your child to develop the social skills he/she needs to be a successful student in school next fall. Our community is full of summer activities, many of which are free of cost and readily available. Supervise your children's activities. Know where they are and what-who they are doing it with. Have a predictable daily routine that you all can rely upon and your summer will be an enjoyable one which you will be happy you shared with your ever-growing child.

KINDERGARTEN NEXT YEAR?



As you look at your child it's hard to think how fast they have grown up. In just a couple months they will be entering kindergarten and starting their school career. Going to school is going to be a change for your child and also for you as a parent. Over the next three months there are some things you can do to help your child get ready for the transition to school.

Although it is light out for long periods of time in the summer, it is still important to establish a bedtime with your young one. Starting now will help in the fall when they begin school. You could also start a morning routine so that your child will start to get in the habit of getting up, eating breakfast, and brushing their teeth.

If you know what school your child will be attending, you could take them to the playground to play over the summer. This will help familiarize them with part of the school.

Lunchtime will be a change for your child. To help them get ready take your child out for a picnic. Let them practice opening the bags, putting the straw in the juice, or unzipping/zippping the bag.

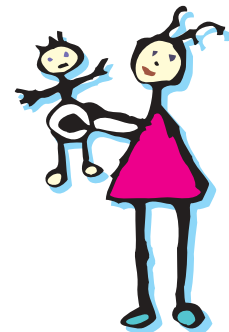
If your child is unable to tie their shoes or zip/unzip their coat, try to help them learn over the summer. You are teaching them to be independent. Independence is a very important skill for young children to learn.

To work on fine motor skills sit down and color with them, helping them to hold the crayon/marker correctly. Use eye-droppers and colored water. Practice mixing the colors together.

Work on teaching your child your name and their home phone number. If your child will be walking to and from school, practice walking the route so they know before school starts.

TREASURE CHEST OF IMPORTANT PHONE NUMBERS

Child Check 337-9505
Southcentral Hotline 563-3200
Denali Kidcare 269-6529
WIC 343-4668
Poison Control 800-222-1222
Childcare Connection 278-2273





Age 3 Developmental Check List

By age three your child should be able to:

- Run without falling very often.
- Walk up and down stairs.
- Imitate drawing a circle (even if it is not quite round or closed)
- Build a tower of at least 8 blocks.
- Point to 6 parts of the body (hair, nose, eyes, feet, hands, mouth) when asked.
- Name several objects (like chair, box)
- Follow simple directions.
- Count to 3.
- Repeat simple songs or rhymes.
- Match colors and shapes.
- Put on some clothes without help.
- Speak to most adults and be understood.



Age 4 Developmental Check List

By age four your child should be able to:

- Stand on one foot for a few seconds without falling.
- Catch and throw a ball.
- Cut with scissors.
- Hold crayons with fingers not fist.
- Ask "how" and "why" questions.
- Answer questions like: "What do you do when you are hungry?"
- Speak in sentences of about 5 words.
- Recognize and name 3 or 4 colors.
- Enjoy playing with other children.
- Dress themselves completely (with help on pullover shirts and sweaters).
- Count to 5.



Age 5 Developmental Check List

By age five your child should be able to:

- Climb a ladder to a slide.
- Hop on one foot for a short distance.
- Draw a simple house and person.
- Cut with scissors on a straight line.
- Count five objects.
- Copy a picture of a square.
- Explain what objects are used for (example: a knife is used for cutting).
- Understand the concept of "yesterday", "today" and "tomorrow".
- Understand words like "on", "under" and "behind".
- Match colors and shapes.
- Go to the bathroom without help.



Red Flags! Signs of Possible Problems

- ▶ Rubbing eyes or complaints that eyes hurt.
- ▶ Holding things close to see them.
- ▶ Red or watery eyes.
- ▶ Turned or tilted head when looking at things.
- ▶ Crossing one or both eyes.
- ▶ Trouble or not seeing things that are far away.
- ▶ Having lots of ear aches.
- ▶ Seems to listen with only one ear.
- ▶ Talking very loud or very soft.
- ▶ Seems sad or cries for no reason.
- ▶ Destroys objects without reason.
- ▶ Purposely hurts others or self.

All About Developmental and Learning Milestones for Your Child



How Do I Know...

Every parent wants their child to grow up healthy and happy. But how does a parent know?

The first five years of a child's life are very important. It is during this time that the child learns to move about, communicate and interact with the environment around them. They develop learning styles and personalities as well as patterns of behavior they will carry into adulthood.

So how does a parent know if their child's development indicates a problem with movement, communication or learning?

Some children have difficulties with learning and development that can be detected early. Observation and developmental models are tools that can help a parent evaluate their child's progress. Early childhood screening can detect problems as well.

Look at the general developmental models for 3, 4, and 5 year olds. Keep in mind all children do not develop at the same rate but the check lists will give you ideas of things to watch for. If your child has trouble with any of the items listed and you are concerned, we can help you find out if your child may need special help through free early childhood screening.



Anchorage School District

What if I Suspect...

What if I suspect my child may have a problem?

The school district is required by law to identify and screen all children who may need special education services by age five. The Child Check Program provides FREE screening for children ages 3 to 5.

Screening involves checking your child's vision, hearing, speech, thinking and movement abilities. Specialists will talk with you about your child's history and development. Screening usually takes about an hour and a half.



How Do I Arrange for...

How do I arrange for screening for my child?

To find out more information about screening or to arrange an appointment to have your child attend a screening session, call the Child Check Program.

Child Check Program
Chester Valley Elementary School
1751 Patterson St.
Anchorage, Alaska 99504
337-9505 phone
337-5033 fax

What if Screening...

What if screening indicates my child may have a problem?

If the screening results suggest that there is a problem, you will be given specific suggestions and recommendations that are individualized for your child.

Sometimes the results are indicative of a concern that may not need to be addressed by additional testing. If that is the case then staff will discuss ways you can work with your child to help ensure progress in problem areas.



What About Younger...

What if my child is younger than three or older than five?

If your child is younger than three and you suspect he/she may have a disability, contact: Programs for Infants and Children at 561-8060 Ext. 3001 in the Anchorage area, or, FOCUS at 688-0282 in the Chugiak-Eagle River area.



For more information
or to request copies
of this brochure call
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