

September 2018

Fun activities, aligned with the Pennsylvania Early Learning Standards, to help prepare children for school success!

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# September

## We're in the living room!

### Babies

Put on a music or sing a nursery rhyme and help your baby clap her hands, wiggle her feet, bicycle her legs. Show and help your baby to clap hands, wriggle fingers, twirl, and bob up and down. [Read more!](#)

### Toddlers

Save clean containers of all shapes and sizes, like yogurt containers, margarine tubs, and plastic spice jars for your toddler to play with. Talk about which ones are big, and which are little. Encourage and help him put the small container inside the big container or to add items (like blocks) into the containers. Talk about when the items are in and when the items are out of the containers. Let him practice putting the lids on and taking them off. [Read more!](#)

### Preschoolers

Low-adhesive tape, like masking or painter's tape, can be used to make a road map in the living room. Working with your preschooler, ask her where the roads should go. Will they go over a sofa? Under a table? Behind a chair? Once created, she can use toy vehicles, dolls or toy animals to follow the roads. Ask her where the roads lead and what she will find at the end. [Read more!](#)

### Kindergartners

Share with your kindergartner a measuring tape and show him the numbers. Have him measure different items in the living room and ask questions about the sizes of the different items. How tall is the coffee table? Is it taller than the chair? Which is smaller - a book or a picture frame? How does he know which is smaller? [Read more!](#)

## 12 Books About Family and Friends

*Ciencia Magica en la sala de estar* by Richard Robinson

*Please, baby, please* by Spike Lee and Tonya Lewis Lee

*Who's in my Family* by Robie H. Harris

*More More More, Said the Baby: Three Love Stories* by Vera Williams

*Annie Rose is My Little Sister* by Shirley Hughes

*Lion in the Living Room* by Caelaach McKinna & A. R. Stone

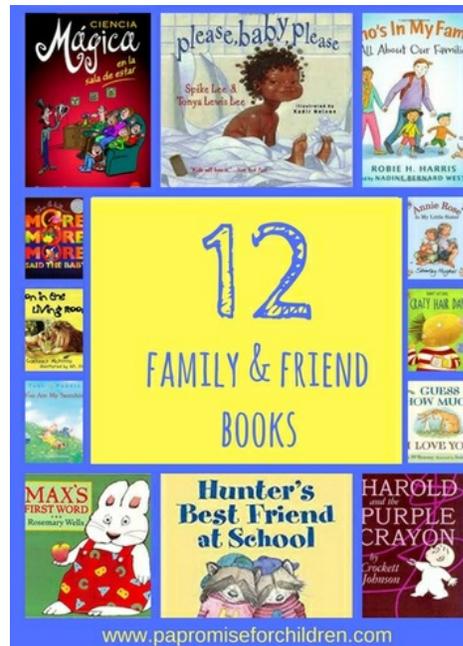
*Crazy Hair Day* by Barney Saltzberg

*Toot & Puddle You Are my Sunshine* by Holly Hobbie

*Guess How Much I Love You* by Sam McBratney

*Max's First Word* by Rosemary Wells

*Hunter's Best Friend at School* by L. M. Elliott



[Print this list!](#)

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## I'm A School Success!

Throughout September, see highlights on the progress of children's learning, the ways they learn, and those who help them become a school success. Visit [PA's Promise for Children's website](#) and [Facebook page](#) to see children in Pennsylvania celebrating National School Success Month.

### Celebrate National School Success Month!

**Families:** Share what makes your child successful in school or an early learning program. What has your child learned or likes to do that makes them a great learner? It can be a big or little success! Send a photo, your child's first name, your county and your child's success to Mary at [marhal@pakeys.org](mailto:marhal@pakeys.org). Your child could be featured on the PA's Promise for Children website during September's National School Success Month!



**Early Learning Professionals:** The work you do with children teaches them to be a school success. What's your favorite part of being an early learning professional? Tell us what makes you a successful teacher. Send a photo, your name, your county and early learning program's name, and your story to Mary at [marhal@pakeys.org](mailto:marhal@pakeys.org). You and your program could be featured on PA's Promise for Children during National School Success Month!

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## Great School Year Start

It's time to go back to school! In [this video](#), the Pennsylvania's Office of Child Development and Early Learning (OCDEL) Deputy Secretary, Suzann Morris (with a special guest, Clyde), has some tips for getting your child off to a great school year start!



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## Leadership Training Offered for Families

Families whose children are receiving Early Intervention Supports and Services are invited to participate in the free leadership development training, *Competence and Confidence Partners in Policymaking for Families of Children in Early Intervention*

(C2P2EI).

C2P2EI is an innovative training program providing up-to-date information, leadership development training, resources and skills. Participants learn about the local, state and national issues that affect children with disabilities.

Apply if you are an interested family member from Pennsylvania who:

- has an infant, toddler or preschooler who receives early intervention services,
- desires to learn leadership skills to advocate for yourself and others, and
- is willing to commit to attend all four training sessions in Harrisburg.



Travel and childcare cost reimbursements are available if you are eligible. Application deadline is October 5. [Click here to find more information and to apply.](#)

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## Is Your Family Ready for an Emergency?

September is National Emergency Preparedness Month. Use this month to help your family prepare for an emergency like floods, fires, winter storms and more.

Check out these resources to help your family prepare for emergencies.

- **Pennsylvania Emergency Preparedness Guide:** This guide will help you become better prepared by learning about different kinds of emergencies, how to create emergency plans and kits for your home, your vehicle and your workplace, and how to plan ahead if you have a special need.
- **Family Communication Plan for Parents and Kids:** Guidelines to help your family determine who would be your out-of-state point of contact, and where you would meet away from your home.
- **Emergency Supply Kit Checklists for Parents and Kids:** Checklists designed to help parents and kids prepare for emergencies.
- **Helping Children Cope:** Tips to help children recognize their reactions during and after emergencies, and also help children cope with their emotions.



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## The Importance of Play

Did you know the play your baby, toddler and preschooler does can make a difference on their later skills and success? Play for children is important for learning necessary skills, such as problem solving, collaboration and creativity, which require the executive functioning skills that are critical for adult success.

Unstructured playtime has numerous benefits, including the development of motor skills that may have lifelong benefits for the prevention of obesity, hypertension, and type 2 diabetes. Let your child take the lead and follow their own curiosity!



You can help your child learn from play. Check out these tips from the [Center on the Developing Child](#), then visit [PA's Promise for Children](#) for every day learning opportunities.

- **Babies:** Observe and respond to the nonverbal behavior of your baby during their first few months of life. For example, recognize your baby's emerging social smile and respond with a

smile of your own--this is a form of play! It also teaches the baby a critical social-emotional skill: "You can get my attention and a smile from me anytime you want just by smiling yourself."

- **Toddlers:** Generations of families have engaged toddlers in games while holding them in their lap. Different games practice different skills, but all are predictable and include some basic rules that guide adult and child behavior. Repetition helps toddlers remember and manage their own behavior to fit the game's rules.
- **Preschoolers:** The demands of songs and movement games support executive function because preschoolers have to move to a specific rhythm and synchronize words to actions and the music. All of these tasks contribute to inhibitory control and working memory. It is important that these songs and games become increasingly complex to interest and challenge preschoolers as they develop more self-regulation skills.

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## Sleep Now to Stay Healthy Later

Infants who sleep less may have lower cognitive and language skills by age two. However, addressing risk factors early--like snoring or acid reflux--can help avoid more serious problems later, according to the [University of Alberta research](#). The findings highlight the importance of total and nighttime sleep, and demonstrate the cognitive and language problems that can occur in preschool children when sleep is disrupted.

Help your child get enough sleep. The amount of sleep needed varies, depending on [the age of the child](#).

- **Newborns:** 16 to 17 hours per day (including naps)
- **Infants (4-12 months):** 12-16 hours (including naps)
- **Toddlers (1-2 years):** 11-14 hours (including naps)
- **Preschoolers (3-5 years):** 10-13 hours (including naps)

[Healthychildren.org](#) has tips for the best ways families can help their child to go to sleep.



## Keeping Your Child's Food Safe to Eat

You take the time to pack your child healthy lunch or snack for Kindergarten or early learning program, so keep it safe to eat. Use these tips to make sure your child stays healthy and engaged by protecting them from food-borne illness. [Get tips to keep your child's food safe to eat.](#)

# Buckle Up Safely

Make sure your child travels safely! Available are [one page graphics](#) from the Centers of Disease Control that demonstrate how to avoid the most common mistakes while using rear and forward-facing car and booster seats for infants, toddlers, preschoolers and older children.



## The Monster in Your Home

There may be a monster in your home and it's right in front of your eyes! It's your television or tablet!

Spending time watching TV or using a tablet means your child may not be engaged in creative or learning activities, like reading, playing or just being a kid.

Many homes have one or more TVs or tablets. Too often, a child's free time may center around what's playing on TV or on the tablet. Watching excessive, or inappropriate shows or games can lead to:

- violent and aggressive behavior,
- obesity,
- poor body concept and self-image, and later,
- substance abuse and early sexual activity.



[Get tips to help your family tame the monster in your home and take control of your family's TV or tablet habits.](#)

## Our Favorite Pinterest Pins



- [Button Pumpkin and Fall Activities for Toddlers](#)
- [10 Best Preschool Fine Motor Activities for Pre-writing Skills](#)
- [30 Books about pumpkins](#)
- [6 Cheap School Lunch Ideas for Under \\$1](#)
- [Infographic: How Children Develop Skills Through Play](#)

Are you following the [FUNctioning Families](#) board on Pinterest?

## Do you have a new Kindergartner?

Did your child just start Kindergarten? **Sign up for the FREE monthly Kindergarten, Here I Am eNews!** Each month get activities, tips and resources you can use to help your child have a successful Kindergarten year.



The PA Office of Child Development and Early Learning (OCDEL) provides families access to high quality services to prepare children for school and life success.

Find more information about Quality Early Learning in Pennsylvania  
[Pennsylvania Department of Education](#) | [Pennsylvania Department of Human Services](#)  
[Pennsylvania Keys to Quality](#) | [Pennsylvania's Promise for Children](#)  
[Early Intervention Technical Assistance](#)

We are where you are.

