

March 2019

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

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We're learning in the bedroom!

Babies

As you dress your baby, tell her about what you're doing as you're doing it. Tell her, "The shirt goes over the head, one arm in, another arm in, and then cover the belly!" [Read more.](#)

Toddlers

Let your toddler pick out his clothes. If it's not possible for him to pick out his entire outfit, let him choose one item, like his socks or shirt. Ask him to identify where different items of clothing belong on his body. Don't forget things like mittens, scarves, shoes, and belts. [Read more.](#)

Preschoolers

Do a nighttime count down. Before turning out the light for the night, help your preschooler count the number of same or similar items in the bedroom, like two doors, one window, six dresser drawers, etc. Together, find pairs of items, then sets of three, etc. Encouraging your preschooler to sing or sign songs like '1, 2 buckle my shoe', sign finger plays, and play counting games together are playful modifications. [Read more.](#)

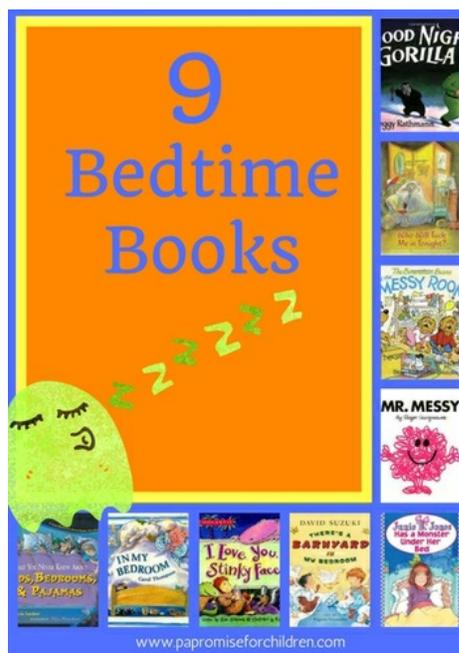
Kindergartners

Have your kindergartner tell you where items of clothing are worn and help her figure out what the purpose is of each item. Ask her why we wear boots while in the snow, for example. Don't forget items like aprons, belts and mittens! If your kindergartner is having difficulty with this, playing with paper dolls, Colorforms, or cut out pictures from magazines provide an opportunity to practice dressing. [Read more.](#)

9 Bed Time Books

- In My Bedroom* by Carol Thompson
- The Berenstain Bears and the Messy Room* by Stan and Jan Berenstain
- There's a Barnyard in my Bedroom* by David Suzuki
- Good Night, Gorilla* by Petty Rathmann
- Mr. Messy* by Roger Hargreaves
- I Love You, Stinky Face* by Lisa Mccourt
- June B. Jones Has a Monster Under her Bed* by Barbara Park
- What You Never Knew About Beds, Bedrooms & Pajamas* by Patricia Lauber
- Who Will Tuck Me In Tonight?* by Carol Roth

[Print this list!](#)



Make the Magical Connection!

Reading aloud is not only the single most important thing a parent or caregiver can do to help prepare a child for reading and learning; it's also a magical connection through the interaction between you, your child, and the book.

Join the Read Aloud 15 Minutes campaign during the month of March and discover the benefits of reading aloud to children. At readaloud.org there are tons of great resources that you will want to share with others in order to inspire reading every day. New items in the **Partner Toolkit** include:

- Handouts for Parents (available in English and Spanish)
- Posters (available in English and Spanish)

If you're looking for new books to share with or explore with children of various ages, check out the **book selections webpage** that is also available. Please use these resources and share them with others to help promote reading aloud every day.

If your child has difficulty sitting still while you read aloud, watch this video for tips and strategies that can help when you read aloud to your baby, toddler, preschooler or kindergartner.



First Step: Kindergarten Registration

What's the first step for Kindergarten? Registration! Although each school district has their own process for Kindergarten Registration, typically families will need to bring specific documents to register their child. This may include:

- The child's birth certificate
- Proof of residency (like a utility bill or copy of a lease)
- Vaccination records (**the PA Dept. of Health** shares which ones your child needs)
- Any forms required by the school district, like an application or emergency contact list.

There may be other documents needed, so check with your school district.

Some schools set aside specific dates to register for Kindergarten. (**See if your school has a specific date.**) Others may provide special events, like summer orientation for their incoming students.

You can start now to help your preschool prepare for kindergarten. **Sign up to get the Kindergarten, Here I Come enews** and check out **these books families recommend about starting school.**



Sleepy Time, Bed Time: Ways to help your child sleep

What do sleepy babies, tired toddlers, yawning preschoolers, and cranky kindergartners have in common? They might not want to go to sleep at bedtime! Having a bedtime routine or activities you do every night, can help your child go to sleep with little fuss.



[Click here](#) to get tips for a bed time routine that can work for your child.



Financial help with your child's medical expenses

The United Healthcare Children's Foundation can help provide financial help/assistance for families with children that have medical needs not covered or not fully covered by their commercial health insurance plan.



Qualifying families may receive up to \$5,000 per child, per year (\$10,000 lifetime max). The funds help pay for medical treatment, services or equipment such as surgeries, counseling, prescription medications, wheelchairs, orthotics, eyeglasses, hearing aids and physical, occupational and speech therapies.

[Click here to learn more.](#)

Bedroom Safety for Children of All Ages

A child's bedroom can be a multi-purpose room, used for sleeping, quiet time, or play. The bedroom should also be a safe place for your child. Take time to ensure that your child's safety won't stop at the bedroom door. [Visit PA's Promise for Children for a few tips to get you started.](#)

Keeping Your Child Healthy

Did you know there are 14 vaccine-preventable diseases you can protect your young child? You may have almost forgotten about diseases like Diphtheria, Chickenpox, Mumps, Whooping Cough (Pertussis) and others because of vaccines. It's still important for your child to have vaccines though! While these diseases are preventable, they can still exist and infect those who are not vaccinated. Vaccines can help keep your child healthy, and vaccines may be required for your child to attend school or an early learning program. [Find out which vaccines your child should receive and when.](#)



Getting your child vaccinated is easy. In Pennsylvania, the Vaccine for Children Program (VFC) provides vaccinations to children who do not have health insurance or children who are insured but the insurance does not cover immunizations. These children are eligible to receive federally funded vaccines at public sites. For more information, call the Vaccines for Children program: 1-888-646-6864.

For children without insurance, PA CHIP may be able to help. CHIP is short for the Children's Health Insurance Program, Pennsylvania's program to provide health insurance to uninsured children who are not eligible for or enrolled in Medical Assistance. Regardless of the reasons your children might not have health insurance, CHIP may be able to help you. Visit www.chipcoverspakids.com.

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Do you have a Preschooler?

Did your child start preschool? [Sign up for the FREE monthly Kindergarten, Here I Come eNews!](#) Each month get activities, tips and resources you can use to help your child prepare for and transition into their 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.

