

Enhancing Early Brain Development: What You Can Do!

Ask open-ended question - "What do you think will happen when...?"



Do Simple cooking projects together- follow directions, measure ingredients and observe chemical reactions when mixing and baking.

Write down stories your preschooler dictates.

Read, read, read to your preschooler!



Let her read to you, making up stories from pictures or telling a story from memory.

Play counting games with objects such as cookies, blocks or shoes.

Respect and validate your preschooler's feelings. "I can see you are upset" "Wow, you're so excited!"



Allow your child many opportunities to initiate activities and follow his lead.

Encourage independence by letting her do things even if it would be faster to do yourself.



Choosing the Best Care for your Pre-School Child



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When choosing a preschool program you'll want to see:

- Adults who are warm, caring, and supportive of preschooler's growing independence
- Staff who talk frequently with individual children, at their eye level
- Staff who support and encourage children to resolve their own conflicts



- The environment is arranged to encourage self-help skills and independence—toys kept on low shelves, step stools, child sized equipment, supplies for cleaning up spills available, etc

• Large blocks of free time are available for self-chosen activities from among a variety of interest centers

- The focus is on creative exploration with art materials rather than copying a model
- Daily large motor play, indoors and outdoors
- Daily rest time, with quiet activities for those who don't nap or wake early
- Many opportunities for language learning—books, songs, finger-plays, conversations with adults, dictating stories—individually or in small groups
- Positive guidance techniques are used including redirection, consistent and clear rules, logical consequences. "Time-out" is not over used
- Adults support and encourage developing social skills—sharing, taking turns, etc.
- Materials attractively arranged and accessible including blocks, puzzles and other manipulatives, books and tapes, art supplies, dolls, dress-up clothes and furniture, sand and water play, science materials
- Predictable routines alternate between active and quieter activities



You'll want to question when you see:

- Unsupervised play
- Children required to sit quietly in large group activities for long periods of time
- Children required to sit quietly coloring or doing paper and pencil tasks
- All children expected to do the same activity at the same time
- All children required to nap for a set time
- Physical punishment
- Frequent use of TV or videotapes



Quality early care and education isn't costly.... It's priceless!

Young Explorers



Preschoolers learn by doing—through repeated interactions with objects and people, they develop physically, emotionally, socially, and intellectually—learning to make sense of their world. Although it may look like "just playing" to adults, a thoughtfully arranged environment for preschoolers provides countless opportunities for age-appropriate and individualized learning.

