

Tip Sheet: Children's Learning for School Success and Beyond

Things to consider

- Follow children's lead, offer choices, and encourage their interests. Children learn so much by exploring their interests with a supportive adult.
- Everyday experiences provide opportunities to learn how to operate in the world. Children's academic successes at ages 9 and 10 can be attributed to the number of words heard from birth through age 3.
- Read aloud to your child every day.
- Providing extra support for children to regulate their emotions allows them to learn skills to self-soothe later. Learning they can depend on adults when they are feeling overwhelmed, frustrated, and upset, helps them control their impulses and regulate their emotions. Your child may feel reluctant to go, or feel very excited to start school. Whatever they feel, take time to appreciate where they are.
- Encourage your child to write thank you cards, shopping lists, or notes. They may start with scribbles or pictures, then scattered letters, and finally some recognizable words as they enter school. Appreciate their attempts and watch their skills develop.
- Consistent, regular experiences help children feel more secure. Set up morning routines by getting up around the same time every day, getting dressed, and having breakfast together is a great way to transition to school.

For children with differing abilities:

- Make modifications to spaces so that children are able to explore their interests as fully as possible, especially for children with differing abilities. For example, create open floor space and pathways so a child may move easily throughout the home.



Resources for School Readiness



- Gartrell, D. *Readiness: Not a state of knowledge, but a state of mind*. National Association for the Education of Young Children (NAEYC). <https://www.naeyc.org/our-work/families/readiness-not-state-knowledge-state-mind>. Readiness doesn't mean just knowing the academic basics, it means a child has a willing attitude and confidence in the process of learning.
- NAEYC. Ready or not kindergarten, here we come! <https://www.naeyc.org/our-work/families/kindergarten-here-we-come>
- New Mexico Public Education Department (June 2022) New Mexico Early Learning Guidelines; Essential indicators with rubrics: Preschool to Kindergarten. <https://webnew.ped.state.nm.us/wp-content/uploads/2019/09/New-Mexico-Early-Learning-Guidelines-June-2020.pdf>. The New Mexico Early Learning Guidelines were designed to be used for the benefit of children and families. The developmental expectations were identified to help educators assist each child to reach his or her
- Zero to Three. School Readiness Infographic. <https://www.zerotothree.org/resources/306-school-readiness-infographic>. How do children become ready for school? Learn how school readiness begins at birth.
- Head Start/ECLKC – School Readiness is foundational across early childhood systems and programs. It means children are ready for school, families are ready to support their children's learning, and schools are ready for children. Head start views school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning and life. Physical, cognitive, and emotional development are all essential ingredients for school readiness. <https://eclkc.ohs.acf.hhs.gov/school-readiness>.
- National Association for the Education of Young Children (NAEYC) – School Readiness 0 Readiness: Not a state of knowledge, but a state of mind. <https://www.naeyc.org/our-work/families/school-readiness>.