

FOUNDATIONS FOR EARLY LEARNING SKILLS



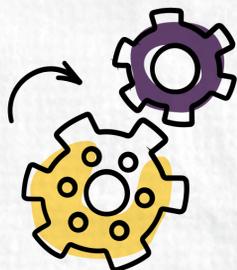
Kids learn by doing and strengthen their learning by doing.

What does this mean, exactly? Well, when kids use their bodies in a certain way – like when babies roll around on their backs – they are learning what their bodies can do. Then, because they are naturally curious, they will see what else their bodies can do, like rolling from their back to their tummy, and back over again! This is the same for cognitive learning: when kids learn something new, they take the experience of having learned that thing, become curious – like asking, “What if I ... ” or, “What happens when ... ” – and expand on their knowledge by having new experiences.



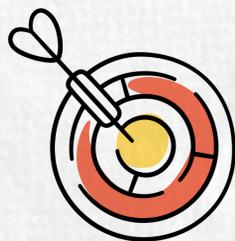
Kids foster initiative and curiosity by:

- Demonstrating eagerness to explore, learn about, and discuss a range of topics, ideas, and tasks
- Demonstrating flexibility, imagination, and inventiveness in approaching tasks and activities
- Planning, initiating, and completing learning activities with peers



Kids demonstrate self-regulation and executive function skills by:

- Having an increasing ability to control impulses
- Maintaining focus, sustaining attention, and persisting in tasks – with support when needed
- Using memories as a foundation for more complex actions and thoughts
- Being flexible in thinking and behavior
- Shifting attention between tasks and moving through transitions with minimal distraction



Kids show understanding of symbolic representation by:

- Using imagination in play and interactions on their own, with materials, and playing with others
- Recognizing the difference between pretend or fantasy situations and reality
- Representing people, places, things, and processes through drawings, movement, writing, and three-dimensional objects
- Exploring and representing ideas through creative arts

How can you help your kids develop their early learning skills?

Talk to them, ask them leading questions, engage in imaginative play together, make time for independent play and time to play with their peers, read books together, and give big hugs.

