

Child Development (3- to 5-years-old): Information for Parents and Community Resources

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Parents are encouraged to continue to offer learning opportunities focusing on these areas of development prior to Kindergarten.

Cognitive:

- Tracing, copying, printing first (and later on last) name.
- Recognizing and writing letters of the alphabet on paper, in sand, or in shaving cream.
- Using ABC flash cards or magnetic letters to match, recognize or build words.
- Rote counting to 10+.
- Counting objects with 1: 1 correspondence up to 10+.
- Counting on from a given number.
- Skip counting by 5's, 10's, to 100.
- Selecting/giving "one", "none", or "all" items.
- Matching numerals to a corresponding set of objects up to 10.
- Identify numerals in print to 10 and up once 1-10 is established.
- Copy numerals from a model to 10.

Social-Emotional:

- Give opportunities for social interaction, games and communication by having one-on-one time with your child, spending time on their choice of activity, or playing with friends and family.
- Build on your child's strengths. Make learning a positive, successful experience.
- Use visual and hands-on activities. Children learn faster by doing things instead of just seeing or reading about them.
- Break large tasks into small steps. Demonstrate the steps, one at a time, and then have your child physically repeat each step alone. Assist your child as needed.
- Present immediate feedback.
- Help your child get along with others. Give them a chance to work things out while making sure no one gets hurt.
- Teach your child to share and take turns.
- Try not to compare your children or favor one over another.

Adaptive:

- Have your child develop a consistent routine for toileting and reward them with stickers, praises, or by giving time to do a favorite activity with parents for trying or completing toileting.
- Help your child with expressing wants and needs effectively by using visual reminders and consistent verbal labels for items and routines.
- Assist with personal care skills by having your child practicing buttoning, zipping clothes, using plastic plates with dividers for taking appropriate amounts of food in mouth, and using a fork/spoon for stirring and picking up food.
- Practice expressing and understanding needs by repeating/rephrasing needs and wants accompanied by nonverbal gestures.
- Use functional reading (labels and signs) around the house to facilitate communication. For example, take a picture of their toy box and place the picture on the box with the word "toys" written underneath the picture.

The following community resources and websites may be helpful for parents:

- www.interventioncentral.org
- <http://www.parents.com>
- <http://www.fishfulthinking.com>
- <http://childdevelopmentinfo.com>
- www.nasponline.org
- www.loveandlogic.com

First Things First's 28 regional partnership councils represent the richly diverse communities – urban, rural and tribal – across Arizona. Visit your FTF region's page to learn about the local volunteers who serve on the council and their efforts to support the healthy development and learning of young children in your community.

www.firstthingsfirst.org

American Academy of Child & Adolescent Psychiatry

www.aacap.org

What Works Clearinghouse

www.ies.ed.gov/ncee/wwc

Do 2 Learn

www.do2learn.com

Education World

www.educationworld.com

Edutopia

www.edutopia.org

- HealthyChildren.org – more on developmental stages from the American Academy of Pediatrics
- CDC.gov - developmental milestones checklists from the Centers for Disease Control and Prevention
- PBS.org - a child development tracker for insights on the stages of growth, from PBS Parents

- Arizona Department of Education, www.azde.gov
- Arizona Department of Developmental Disabilities, www.https://des.az.gov/services/disabilities/developmental-disabilities

- www.autismcenter.org
The Southwest Autism Research & Resource Center (SARRC) is an internationally recognized nonprofit organization dedicated to autism research, education, evidence-based treatment, and community outreach.
Monday - Friday, 8:00am - 5:00pm
Phone: (602) 340-8717
Fax: (602) 340-8720 Email: sarrc@autismcenter.org

For individualized support and resources in your area contact the [Autism Response Team](#) (ART), an information line for the autism community. Team members are specially trained to provide personalized information and resources to people with autism and their families. Call their toll-free number or send them an email. Live chat is also available between 9 a.m. and 2 p.m. ET on their website. AutismSpeaks.org 1-888-AUTISM2 (1-888-288-4762) En Español: 1-888-772-9050
familyservices@autismspeaks.org