

READ. TALK. PLAY.

Everyday!



A CALENDAR TO HELP YOUR CHILD GET READY FOR KINDERGARTEN 2023 - 2024

Cedar Valley United Way - Helping all children succeed in school and in life.

IT'S NEVER TOO EARLY TO GET READY FOR KINDERGARTEN!

One of the most exciting days for you and your child is the first day of kindergarten. This calendar is designed to help you and your child get ready for that special day.

Let's get started!

This calendar is for 3, 4, and 5 year olds who are preparing for kindergarten. The calendar runs from September through August; similar to the school year. Each month focuses on a different topic

with suggested daily activities based on Iowa Early Learning Standards and strategies developed by early learning experts.

Use this calendar as a guide for fun ideas. Include family members and friends in the activities. Have a wonderful year together as you get ready for the big day!

Remember that play is an important part of learning. Your child learns best when they are spending time with you

and doing activities that are fun and interesting.

Children develop at their own pace and "typical" development can vary greatly from child to child.

School readiness is much more than knowing letters and numbers. Children who are kindergarten ready have good social, self-help and physical skills and are developing a love for learning.



KINDERGARTEN READINESS CHECKLIST

This checklist is a guide to help prepare your child for school. It's best to look at the items on the list as goals to aim toward. If your child lags behind in some areas, don't worry. Remember that children grow and develop at different rates.



GOOD HEALTH AND PHYSICAL WELL-BEING

My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives regular medical and dental care
- Has had all the necessary immunizations
- Runs, jumps, plays outdoors and does other activities that provide exercise and help develop large muscles
- Puzzles, scribbles, colors, paints and does other activities that help develop small muscles

SOCIAL AND EMOTIONAL PREPARATION

My child:

- Is learning to explore and try new things
- Is learning to work well alone and to do many tasks independently
- Has many opportunities to be with other children and is learning to cooperate with them
- Is curious and motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Can follow simple instructions
- Helps with family chores
- Is learning to use words to identify and express emotions

LANGUAGE AND GENERAL KNOWLEDGE

My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books
- Has television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write their name and address
- Is learning to count and plays counting games
- Is learning to identify and name shapes and colors
- Has opportunities to draw and to be creative
- Has opportunities to listen to and make music and to dance
- Has opportunities to get first-hand experiences and to do things in the world - to see and touch objects, hear new sounds, smell and taste foods

READ TOGETHER EVERY DAY

- Store your child's books in a special place that's easy to reach such as a basket, drawer or a low shelf.
- Place a small rug or pillow nearby to create a comfortable space for reading.
- Get a library card for your child (and yourself if you don't already have one).
- Find a place to read together away from distractions.
- Hold your child as you read to help develop a positive attitude toward reading.
- Children enjoy and learn by repetition, so it's OK if they want you to read the same books over & over.
- Talk about the story as you read. Ask questions and point out details in the pictures.
- Ask your child to retell the story in their own words.
- Talk about characters as you read together.
- Count out loud with your child every day while reading, cooking, and shopping, etc.

SEPTEMBER 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Regular Vision, Dental, Immunization and Lead Exams Needed:
Iowa Code 135.17, 139A.8, 135.105D and 135.39D requires dental, immunization, lead and vision health requirements be met before a child enters school. Visit hhs.iowa.gov/Iowa-Student-Health-Screening-Requirements to learn more.

Play a matching game or match items you have around the house.

1

Play a board game or card game with your child.

2

Count out loud with your child every day while reading, cooking and shopping.

3

Labor Day
Talk about book characters as you read together today.

4

Practice fire safety: stop, drop & roll.

5

Have a dance party.

6

Library Day!
Take your child to the library and get a library card.

7

READ. TALK. PLAY.
Everyday!

Help your child write their name.

8

Visit www.pbs.org/parents and click on the "Fun and Games" tab.

9

Grandparents' Day 10

Practice writing your child's name together.

Practice counting from 1 to 10.



Scan the QR code or text Readby4th to 70138 to sign up for free text messages with easy tips on how to turn everyday moments into teachable ones for ages 0 - 5.

Look for words that begin with the same first letter using books, magazines and newspapers.

Rosh Hashanah Begins At Sundown 15
Practice bouncing a ball. Count the number of bounces.

Pick a new book and encourage your child to guess what the story will be about by looking at the cover.

Rosh Hashanah Ends 17
Yellow week: look for things that are yellow this week.

Look through magazines and books to find things that are yellow.

Read a poem together.

Library Day! 21
Have your child invite a friend to the library.

Find food items or animals that begin with the same sound. Name the letter that makes that sound.

Autumn Begins 23
Play a matching game or match things you have around the house.

Yom Kippur Begins At Sundown 24

Yom Kippur Ends 25
Go for a walk with your child. Talk about what you see.

Practice writing your child's name together.

Play hopscotch together.

Using a news paper article, circle words that begin with the first letter of your child's first name.

Using a news paper article, circle words that begin with the first letter of your child's last name.

Good books for four- and five-year olds

- *Help Wanted, Must Love Books* by Janet Sumner Johnson, Illustrations by Courtney Dawson
- *The Book Hog* by Greg Pizzoli
- *One Day in the Eucalyptus, Eucalyptus Tree* by Daniel Bernstrom, Illustrations by Brendan Wenzel
- *Noisy Night* by Mac Barnett, Illustrations by Brian Biggs
- *No Buddy Like a Book* by Allan Wolf, Illustrations by Brianne Farley
- *Again!* by Emily Gravett
- *I Do Not Like Books Anymore!* by Daisy Hirst
- *The Summer Nick Taught His Cats to Read* by Curtis Manley, Illustrations by Kate Berube
- *The Snatchabook* by Helen Docherty, Illustrations by Thomas Docherty

SCHOOL TOOLS

- Decide on simple rules for using drawing & writing tools, “Markers may be used at the kitchen table or outdoors.” Or “Scissors are for cutting paper.”
- Draw pictures together about family events, daily experiences, etc.
- Praise your child’s efforts. Perfection is not the goal. Display some of their work and change it from time to time.
- Plan a healthy meal together.
- Make a grocery list together.
- Label belongings with your child’s name.
- Encourage your child to use the tools to write a letter if they are interested in writing.
- Practice how to hold scissors, how to open and close them, and how to hold the paper.
- Try snipping paper first or even play-doh or plastic straws.

OCTOBER

2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

■ **Thanks for the memories.** Chances are your own happy memories revolve around things you did with those you love. Really enjoy your child by taking time to have fun together every day. Sing songs while making dinner or driving the car. Take a walk and look for ducks or interesting sticks. Play ball, play house, play cards, play ANYTHING — just do it together!



Scan the QR code or text Readby4th to 70138 to sign up for free text messages with easy tips on how to turn everyday moments into teachable ones for ages 0 - 5.

Read your favorite children's book to your child.

1

Child Health Day

2

Cut pictures of expressive faces from magazines and make a feelings collage.

3

Do jumping jacks together.

4

Library Day!

5

Cut shapes out of paper to make a picture.

6

Talk about fall and have your child draw a picture of a tree.

7

Make a grocery shopping list together.

8

Indigenous Peoples Day
Columbus Day (Observed)

9

Write a note with your child to a grand parent, relative or friend.

10

Clap your hands to the beat of a song.

11

Sort or count things like socks, canned soups, buttons, etc.

12

Show your child how to write his/her name using upper- and lower-case letters.

13

Arrange a play date for your child.

14

Count to 20 or higher.

15

Make the bed together.

16

Find food items or animals that begin with the same sound as your child's first name. Name the letter that makes that sound.

17

Practice zipping a coat or backpack.

18

Library Day!

19

Practice fire safety: stop, drop & roll.

20

Look at the pictures in a book with your child before reading.

21

Orange week: look for things that are orange this week.

22

Act out a favorite story. Use puppets, dolls or stuffed animals.

23

Help your child build their name using magnetic letters.

24

Plan a healthy meal to eat on Halloween.

25

While outdoors, allow your child to draw on the sidewalk with chalk.

26

Make a necklace using dental floss and cereal like Cheerios.™

27

Clap your hands to the beat of a song today.

28

29

READ.
TALK.
PLAY.
Everyday!

Take your child for a walk and collect different kinds of leaves.

30

Halloween
Encourage your child to say "thank you" while trick-or-treating.

31

Good books for four- and five-year olds

- *Go to Bed, Monster!* by Natasha Wing, Illustrations by Sylvie Kantorovitz
- *Pete the Cat: Crayons Rock!* by Kim Dean, Illustrations by James Dean
- *Beach Toys vs. School Supplies* by Mike Ciccotello
- *The Day the Crayons Quit* by Drew Daywalt, Illustrations by Oliver Jeffers
- *A Squiggly Story* by Andrew Larsen, Illustrations by Mike Lowery
- *Red: A Crayon's Story* by Michael Hall
- *Monster Trouble* by Lane Fredrickson, Illustrations by Michael Robertson
- *Linus the Little Yellow Pencil* by Scott Magoon
- *Eraser* by Anna Kang, Illustrations by Christopher Weyant

GET MOVING

- Save plastic water or soda bottles to use as bowling pins.
- Toss bean bags or socks in a basket.
- Balance books on your head while walking.
- Visit a safe outdoor space so you can run and play together.
- Play toss and catch together with a rubber ball.
- Set up an obstacle course (inside the house or out). Run through it or steer a tricycle/bike through it.
- Teach your child games like “Hokey Pokey,” “Red light-green light” and “Simon Says.”
- Suggest your child try to move like different animals: hop like a rabbit, slither like a snake, fly like a bird.

NOVEMBER 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Routines aren't boring—they're healthy. Children feel more secure when they know what to expect. Keep a basic structure to your day. An evening routine might include setting the table, eating dinner, playtime bath time, snack, tooth brushing, three stories, ten kisses and lights out! When children know what's coming next, it's easier for them to cooperate and you avoid a lot of temper tantrums.

All Saints' Day

1

Hum or sing a song as you pick up toys together.

Library Day!

2

Schedule a play date at a park.

3

Have a dance party.

4

Daylight Savings Time Ends

5

Turn clocks back one hour.

Help your child begin to learn their address and phone number.

6

Election Day

7

Have your child tell a story to a family member.

Play hopscotch.

8

Look in books and magazines for different facial expressions: happy, sad, excited, scared, etc.

9

10

Veterans Day

11

Have your child draw a picture or write a note to a family member about something they are thankful for.

Brown week:
look for
things that
are brown
this week.

12

Practice
zipping, tying
or buttoning.

13

Take a walk.
Find things
that are
brown.

14

Put on some
music and
dance with
your child
and a friend
or other
family
members.

15

Library Day! 16

Teach your
child the ABC
song.

17

Go outside
and kick a
ball back and
forth with
your child.

18

Help your
child draw a
picture of
your family.

19

Make a
picture or
decoration for
Thanksgiving.

20

Go to the
grocery store
and have
your child
help pick
items for
Thanksgiving.

21

Read a
Thanksgiving
story.

22

Thanksgiving
Day 23
Ask your child
to help set
the table and
count the
items.

Native
American
Heritage Day 24

Exercise with
your child.
Count the
number of
arm circles or
hops.

25

26

READ.
TALK.
PLAY.
Everyday!

Say a word to
your child
and ask them
to say words
that rhyme.

27

Ask your child
to predict the
end of a
story before
you read it.

28

29

Sing ABCs. 30

Good
books
for
four-
and
five-year
olds

- *Hip-Hop Lollipop* by Susan Montanari, Illustrations by Brian Pinkney
- *Wonder Walkers* by Micha Archer
- *From Head to Toe* by Eric Carle
- *On the Ball* by Brian Pinkney
- *You Are a Lion and Other Fun Yoga Poses* by Tae-eun Yoo
- *Move Your Mood!* by Brenda S. Miles, Illustrations by Holly Clifton-Brown
- *Spunky Little Monkey* by Bill Martin, Illustrations by Brian Won
- *Is Everyone Ready for Fun?* by Jan Thomas
- *It's a Tiger!* by David LaRochelle, Illustrations by Jeremy Tankard



LETTERS AND WORDS AT HOME AND AROUND TOWN

- Use an uppercase letter followed by lowercase letters when writing your child's name. For example: "Matthew."
- Make a name card for each member of your family. Help your child place them at the dinner table where everyone sits.
- Use letter magnets on the refrigerator or a cookie sheet to spell their name and familiar names: Mom, Dad.
- Place alphabet letters in a container. Pull them out one at a time and name them.
- Invite your child to "read" familiar business signs as you run errands.
- Read alphabet books and allow your child to name the letters they recognize.
- Read a book together then ask your child to go back and look for a certain letter of the alphabet found in the story.
- Write the alphabet on paper. Sing the ABC song slowly and have your child touch each letter as you go.

DECEMBER 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Do you feel like you're being watched? You are! The best way to help children learn how to act is to show them through your own words and actions. They are master imitators. When they hear you say please and thank you, they learn to be polite. When they see you help others, they learn to be helpful. When they hear you call someone a name — they will do it too. So don't just tell children what to do — show them

Have your child write their name on a card and display it on their bedroom door.

1

Help your child practice zipping their coat and take a walk together.

2

Name fruits and vegetables found in your refrigerator.

3

Find circles and squares around your house.

4

Have your child practice tying their shoes or the shoes of someone else.

5

Have your child practice saying your phone number.

6

Hanukkah Begins at Sundown

7

8

Make cookies with your child to share as a gift.

9

Green week:
look for
things that
are green this
week.

10

Sing a
favorite
holiday song
together.

11

Count to 50.

12

Help your
child write
the letters of
their first
name.

13

Library Day!
Sing songs
today as you
clean house
or cook
dinner
together.

14

**Hanukkah
Ends**
Name four
things that
rhyme with
"cat."

15

Put on music
and dance.

16

Countdown!
Count
backwards
from 10.

17

Find all the
red things in
your house.

18

Make a list of
fun things to
do over the
holidays.

19

Make a
homemade
holiday craft.

20

**Winter
Begins**

21

Read a
favorite
winter book.

22

Make cookies
with your
child to share

23

**Christmas
Eve**

24

**Christmas
Day**

25

**Kwanzaa
Begins**

26

Draw or write
thank you
notes for
holiday gifts
received.

Practice the
ABC song.

27

Library Day!

28

Read a
snowy story
at bedtime.

29

30

**READ.
TALK.
PLAY.**
Everyday!

**New Year's
Eve**

31

Play a game
that involves
taking turns.

*Good
books
for
four-
and
five-year
olds*

- *Yoko Finds Her Way* by Rosemary Wells
- *Every Little Letter* by Deborah Underwood, Illustrations by Joy Hwang Ruiz
- *Did You Take the B from My _ook?* by Beck Stanton
- *LMNO Peas* by Keith Baker
- *Look* by Fiona Woodcock
- *Let's Go ABC!: Things That Go from A to Z* by Rhonda Gowler Greene, Illustrations by Daniel Kirk
- *Oops, Pounce, Quick, Run!* by Mike Twohy
- *Out the Door* by Christy Hale

MATH IS EVERY-WHERE!

- Talk math. Use words such as more, less; longer, shorter; heavy, light; etc.
- Count out LOUD every day. Start at 1 and count as you walk, put plates on the table, add apples to your grocery cart or as they wash their hands. Ask your child to count with you. Pause and ask, "What number comes next?"
- Hold up 5 fingers in front of your child then quickly hide your hand. Ask, "How many fingers did you see?"
- Name and describe shapes when you see them. "That is a square napkin. The box of cereal is a rectangle. That tire is a circle."
- Count: "Let's count the blocks."
- Compare: "Which plate has more crackers?"
- Explore: "Let's go on a shape hunt – can you find circles?"
- Question: "I wonder how many cars we can fit in this basket?"
- Sort: "Let's put all the yellow pieces in this pile."

JANUARY

2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

New Year's Day
Kwanzaa Ends

1

Make a grocery list. Ask if an item is a fruit, vegetable, or meat, etc.

2

Read two books today.

3

Library Day!

4

Sort laundry together. Match socks, identify colors and textures.

5

Sing some of your child's favorite songs.

6

7

READ.
TALK.
PLAY.
Everyday!

Scavenger Hunt for shapes around the house.

8

Play "Simon Says."

9

Play counting games like "How many blue things do you see?"

10

Practice counting to 10 or higher.

11

Practice fire safety: stop, drop & roll.

12

Make or draw a snowman with your child.

13

Blue week:
look for
things that
are blue this
week.

14

**Martin
Luther King
Jr. Day**

15

Continue
teaching your
child their
phone
number and
address.

16

Have your
child try to tie
their scarf.

17

Library Day!

18

Make an
indoor
obstacle
course.

19

Recite
nursery
rhymes with
your child.

20

Find things
around the
house that
begin with
the same
letter sound.
Name the
letter.

21

Have your
child divide a
snack evenly
to share.

22

Look at
family
pictures
together.

23

Play "I Spy
Numbers."

24

Rhyme time:
what "rhymes
with black?"

25

Make a piggy
bank together
out of a
coffee can
and start
saving coins.

26

Teach your
child to play
a board game
with a friend.

27

Point out
numbers
around town
as you run
errands.

28

Visit the
Early Math
Collaborative
website:
[www.earlymath.
erikson.edu](http://www.earlymath.erikson.edu)

29

Help your
child to make
their favorite
sandwich.

30



31

Scan the QR code or
text Ready4th to
70138 to sign up for
free text messages with
easy tips on how to turn
everyday moments into
teachable ones for ages
0 - 5.

**Good
books
for
four-
and
five-year
olds**

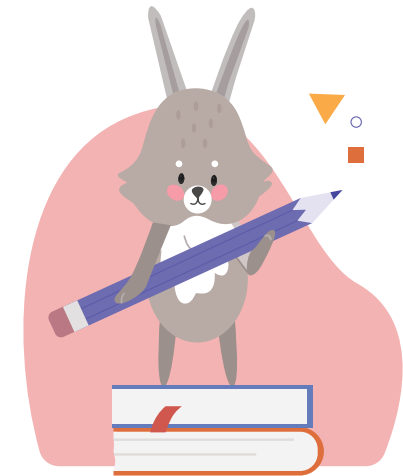
- *Dog Loves Counting* by Louise Yates
- *Room for Everyone* by Naaz Khan, Illustrations by Mercè López
- *Crash! Boom! A Math Tale* by Robie H. Harris, Illustrations by Chris Chatterton
- *Bear & Hare, Where's Bear?* by Emily Gravett
- *City Shapes* by Diana Murray, Illustrations by Bryan Collier
- *Pitter Pattern* by Joyce Hesselberth
- *I See 1, 2, 3: Count Your Community with Sesame Street* by Joyce Hesselberth
- *Everybunny Count!* by Ellie Sandall
- *Is That Wise Pig?* by Jan Thomas



THOUGHTS AND FEELINGS

- Turn off the music & movies in the car and talk about where you are going, what you are going to do and what might happen when you get there.
- Turn off the TV and put down the phone at meal times. Talk about what you did or are going to do today.
- As you read together ask your child to tell you what they sees in each picture.
- Ask your child to predict what will happen before you turn the page.
- Ask your child to draw you a picture and then tell you about it.
- Model sympathy & caring for others, "Dad isn't feeling well. Let's make him some soup."
- Talk about situations and how they might make people feel happy, sad, frustrated, angry, scared, etc.
- Encourage your child to talk about and label their feelings.
- Teach calming techniques when you see your child becoming upset. "Stop, take a deep breath, relax," etc. Visit csefel.vanderbilt.edu/resources/family.htm for more ideas.

FEBRUARY 2024



SUNDAY

The waiting game. Waiting is hard for all of us, but especially for children. Sometimes waiting can't be avoided, so be prepared with a "bag of tricks." Carry a bag with a notebook, colored pencils, and a small hand held game or music player, books, simple snacks like raisins or crackers and a juice box or water bottle. Keep a few simple songs in your head like Itsy Bitsy Spider or ABCs, make up a story, or just count the change in your pocket or purse. Time flies when you are BOTH having fun!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

Groundhog Day

Count all the doors and windows in your home.

3

Play a game together or as a family.

4

Read a story and ask your child what their favorite part was and why.

5

Make a list of people you love and talk about why you love them.

6

Zip up! Take your child for a walk and invite a friend.

7

Make a meal together.

8

Library Day!

9

Make and send home - made Valentine's Day cards to loved ones on your list.

10

Lunar New Year

Work on a puzzle together.

11
Make snow ice cream!
(If weather permits)
1 large bowl filled with clean snow
1/2 cup sugar
1 tsp. vanilla
1 cup of milk
Combine all ingredients, scoop into cups and add toppings (chocolate chips, sprinkles, etc.)

12
Lincoln's Birthday
(Observed)
Read a book that talks about emotions.

13
Have an indoor scavenger hunt.

14
Valentine's Day
Read a book about feelings.

15
Have your child invite a friend over to play.

16
Find things around the house that begin with the sound of the letter "M."

17
Count to 100.

18
Red week: look for things that are red this week.

19
Washington's Birthday
Presidents Day
(Observed)

20
Play a board game or card game with your child.

21
Play musical chairs.

22
Library Day!
Ask your librarian to recommend new children's music.

23
Use a spoon and bowl to tap out the beat to your favorite song.

24
Look outside and talk about what you see.

25
Remember to check with your school for kindergarten registration dates.

26
Make puppets out of paper bags or socks and act out a fun activity.

27
Sing the ABC song.

28
Go sledding (If weather permits)

29
READ. TALK. PLAY.
Everyday!

Good books for four- and five-year olds

- *This Makes Me Happy* by Courtney Carbone, Illustrations by Hilli Kushnir
- *Why?* by Laura Vaccaro Seeger
- *Talking Is Not My Thing* by Rose Robbins
- *Grumpy Pants* by Claire Messer
- *You Matter* by Christian Robinson
- *What Will You Be?* by Yamile Saïed Méndez, Illustrations by Kate Alizadeh
- *Wild Feelings* by David Milgrim
- *The Many Colors of Harpreet Singh* by Supriya Kelkar, Illustrations by Alea Marley
- *Don't Hug Doug (He Doesn't Like It)* by Carrie Finison, Illustrations by Daniel Wiseman



RHyme TIME

- Introducing children to rhymes and rhyming words and playing with them gives children a head start in reading and spelling.
- Read Mother Goose rhymes with your child. After you've read one a few times ask your child to complete the rhyme with the correct word: "Hickory, Dickory, Dock. The mouse ran up the ___(clock)___."
- As your child becomes more familiar with the rhymes, encourage them to join in and say parts of the rhyme themselves (it will take a while before they can recite whole rhymes independently).
- Remember that nursery rhymes are portable, they can be enjoyed any time, anyplace, anywhere! Share them at bath time, when getting ready for bed, while cooking or in the car.
- Change words to make your own personalized rhymes, for example, "Nye and Jill went up the hill" or, "Nia had a little lamb..."

MARCH

2024



SUNDAY

Love you, love me. Taking care of yourself makes you a better parent. Find a little quiet time each day to do something for you. Find a hobby, read a book, soak in a bubble bath. Develop healthy habits for you and your family. Love yourself and your child by engaging in healthy, safe adult relationships.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Purple week: look for things that are purple this week.

3

Bake cookies together. Count the number on each tray.

4

Read a comic together.

5

READ. TALK. PLAY.
Everyday!

Cut out shapes and play a matching game.

6

Library Day!
Buy or rent a CD from the library or download a selection to play and sing along with in the car or while riding the bus.

7

Play "I Spy."

8

Have your child practice jumping, hopping on one foot, and throwing and catching a ball.

9

Read a simple poem with your child.

1

Read Across America

Read two books today. Have your child tell you which is their favorite and why.

2

First Day of Ramadan 10
Daylight Savings Time Begins

Turn clocks one hour forward.

Take a walk and look for signs of spring. 11

Continue teaching your child their phone number and address. 12

Say the wrong words and let your children correct you! 13

Act out going to the doctor or dentist. Talk about what might happen. 14

15
Count to 50 (or higher). 16

St. Patrick's Day 17
Find things around the house or outside that are green.

Find things that begin with the sound of the letter "D." 18

Spring Begins 19
Find things around the home that begin with the sound of the letter "J."

Sing the ABC song. 20

Library Day! 21
Visit the library to borrow nursery rhyme books.

Read two books today. Have your child choose the books. 22

Name a letter and have your child find items beginning with that sound. 23

Pick objects around your house that rhyme: sock-rock; hat-cat; chair-bear. 24

Sing songs with rhyming sounds. 25

Practice writing numbers 1–5. 26

Practice opposites with your child (up/down, in/out, over/under). 27

Download a story and listen with your child. 28

Good Friday 29
Schedule a kindergarten physical and dental exam for your child.

30

Easter Sunday 31

Good books for four- and five-year olds

- *Best Day Ever!* by Marilyn Singer, Illustrations by Leah Nixon
- *The Book With No Pictures* by B. J. Novak
- *The Cow Tripped Over the Moon: a Nursery Rhyme Emergency* by Jeanne Willis
- *King Jack and the Dragon* by Peter Bentley, Illustrations by Helen Oxenbury
- *Cock-A-Doodle-Do, Creak, Pop-pop, Moo* by Jim Aylesworth, Illustrations by Brad Sneed
- *Frog on a Log?* by Kes Gray, Illustrations by Jim Field
- *Noisy Night* by Mac Barnett, Illustrations by Brian Biggs
- *Rhyming Dust Bunnies* by Jan Thomas
- *Mary Had a Little Lab* by Sue Fliess, Illustrations by Petros Bouloubasis

TECHNOLOGY AS A TEACHING TOOL

- Pre-view age-appropriate TV programs, videos, music, computer games, websites and apps to be sure they teach what you want your child to learn.
- Set time limits on all electronics. Children need opportunities to run, play, explore and use their imaginations.
- Keep TV, computers, tablets, etc in a public area of your home not the child's bedroom to allow for easier monitoring.
- Watch programs or play games together. Use this time to talk to, teach, and connect with your child.
- Check out DVD's from the library on topics that interest your child such as animals, outer space, etc.
- Turn electronics off at mealtime. Use the time to talk about your day.

APRIL
2024



SUNDAY

■ **YOU are the best reward.** When your child does a good job or learns a new skill, reward them with your time and attention. Avoid using treats or toys as rewards or bribes for good behavior. Sweets aren't healthy and toys cost money. Time with you is free and builds bonds that last a lifetime.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Good media resources for four and five-year olds

- www.pbskids.org
- www.pbs.org/parents
- www.pbskids.org/sesame/videos/watch-full-episodess
- See How They Grow series from DK and Sony Wonder
- PBS Series (Sid the Science Kid, Super WHY, WordWorld)
- Sesame Street series (Kids Favorite Songs, Sing Hoot and Howl with the Sesame Street Animals, Learning About Numbers)

April Fools'
Day

1

Continue teaching your child their phone number and address.

Have your child name letters found on cereal boxes, cans, etc.

2

Count to 100.

3

Library Day!

Let your child pick out a video the whole family will enjoy.

4

5

Paint or draw a picture today.

6

7

Ramadan
Ends

8

Visit the PBS
web site:
www.pbskids.org.

9
Cook
something
together
today. Talk
about kitchen
safety.

9

10
Take a walk.
Look for
flowers
starting to
bloom.

10

11
Take a walk
and talk
about the
different
sounds you
hear.

11

12
Draw a
picture of
spring.

12

13
Watch TV with
your child.
Discuss what
you see and
feel.

13

14
Review
"stranger
danger"
rules.

14

15
**READ.
TALK.
PLAY.**
Everyday!

15

16
Continue
teaching your
child their
phone
number and
address.

16

17
Play shape
scavenger
hunt.

17

18
Library Day!
Bring a friend
to the library
and check
out a movie
together.

18

19
Put on music
and dance
and clap to
the beat.

19

20

21
Pink week:
look for
things that
are pink this
week.

21

22
Earth Day
Passover
Begins At
Sunset

22

23
Take a
virtual field
trip using
webcams from
the National
Park Service's
website -
www.nps.gov.

23

24
Practice
writing the
ABCs.

24

25
Practice
printing by
tracing the
letters of
your child's
name on a
piece of
paper.

25

26
Practice
writing
numbers
1-10.

26

27
Practice fire
safety: stop,
drop & roll.

27

28
Find letters in
the Sunday
paper or a
magazine.

28

29
Have your
child begin to
learn their
birth date
and age.

29

30
Passover
Ends At
Nightfall

30

**Good
books
for
four-
and
five-year
olds**

- *Bot + Boy* by Ame Dyckman, Illustrations by Dan Yaccarino
- *Doll-E 1.0* by Shanda McCloskey
- *Tea With Grandpa* by Barney Saltzberg
- *Screen Time is Not Forever* by Elizabeth Verdick
Illustrations by Marieka Heinlen
- *Our Table* by Peter Reynolds
- *Hair Love* by Matthew A. Cherry,
Illustrations by Vashti Harrison

PLAY AND LEARN

- Turn household chores into learning games — match socks as you fold laundry or line up canned goods by size. These activities can build math and cooperation skills. Feeling useful also helps children feel good which encourages them to continue to want to be helpful.
- Children can help set the table. Extend their memory by giving 3 step directions “Please get the milk from the refrigerator. Set it on the table. Get the napkins”.
- Make matching pairs of cards with stickers, drawings or pictures cut from magazines.
- Use Legos to create color patterns. Have your child continue the pattern: red, yellow, black, red, ... what comes next?
- Play seek and find. “Find something yellow in the kitchen.” “Find something that is square.”
- Pour and measure together in the kitchen, the bathtub or use a bucket of water outside on a hot summer day filled with measuring spoons and cups.

MAY
2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Play with measuring cups and water outside.

1

Library Day!

2

Play “Simon Says.” Focus on exercise activities (hopping, bending over, touching toes).

3

Remember to say “please” and “thank you” today.

4

Cinco de Mayo

5

Find things that begin with the sound of the letter “L.” Say the name of the letter.

Count from 1 to 10 or as high as your child can count.

6

Look through old magazines and cut out circles, squares and rectangles.

7

Sing a favorite song with your child.

8

Practice the ABC song.

9

Name words that rhyme with “can.”

10

Visit the zoo or read a book about animals.

11

Mother's Day 12
Plant some flowers.

Help your child practice shoe tying. 13

Practice writing numbers 1–10. 14

Play "I Spy." (Remember to include black objects.) 15

Library Day! 16

Help a neighbor today. 17

Sort coins into groups by color or size. 18

Black week: look for things that are black this week. 19

Write ABCs or family names. 20

After listening to a story, have your child tell you what happened first, next and last. 21

Find things around the house that are square, circular, and rectangular. 22

Play hopscotch. 23

READ. TALK. PLAY.
Everyday!

Play a game together such as Memory or Go Fish. 24

Keep the TV off today. Read books and play games instead. 25

Squirt water on the side walk and time how long it takes to evaporate. Ask "How long do you think it will take?" 26

Memorial Day 27
Go outside and play catch.

Help your child write their name. 28

Start a Brightstart College Savings account at www.brightstartsavings.com. 29

Library Day! 30

Make up nonsense rhymes and laugh together. 31

Good books for four- and five-year olds

- *Pete the Cat's Groovy Imagination* by Kimberly and James Dean
- *Drum Dream Girl: How One Girl's Courage Changed Music* by Margarita Engle, Illustrations by Rafael López
- *Monsters Love Colors* by Mike Austin
- *Let's Play!* by Hervé Tullet
- *How Do You Say?* by Angela Dominguez
- *Shape Up, Construction Trucks!* by Victoria Allenby
- *Play Like an Animal!* by Maria Gianferrari, Illustrations by Mia Powell



CRITICAL THINKING AND PROBLEM SOLVING

- Cut out pictures or gather items that go together and ask your child to match: shoe & sock; flower & vase; car & tire; fork & spoon, etc.
- When your child becomes frustrated while playing a game or playing with a friend, refrain from jumping in and solving the problem. Instead, ask questions and guide your child by asking "How did that happen?" and "What can you do differently?"
- Ask your child for their opinion on simple problems such as "Should we wash the car or take a walk?" Then follow up with "Why?" Or in the grocery store ask "Chicken or fish for dinner?"
- Hide common objects from the house in a box or bag. Ask your child to close their eyes and reach inside. Don't pull the item out but feel it and try to guess what it is.
- Cook in the kitchen together and ask questions as you mix and stir and bake. "What will happen when we add this milk to the flour?" "What will happen to the frosting when I add this drop of food coloring?"

JUNE
2024



SUNDAY

■ **Do you get tired of saying "no" and "don't do that" all the time?** Try switching it up and give your child positive directions. Tell them what *to do* rather than what NOT to do: Say "use your quiet voice" instead of "don't yell!" or "keep the water in the bathtub" instead of "quit splashing." Being positive sets a more pleasant mood and children are more likely to follow directions happily.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Find things that begin with the sound of the letter "S."

1

White week: look for things that are white this week.

2

Reminder: Did you schedule a kindergarten physical and dental exam?

3



Scan the QR code or text Readby4th to 70138 to sign up for free text messages with easy tips on how to turn everyday moments into teachable ones for ages 0 - 5.

4

Practice fire safety: stop, drop & roll.

5

Library Day! Play a game of "Go Fish" or "Old Maid."

6

Bake a cake together today.

7

Make a picnic lunch with your child and eat outside.

8

Have your child invite a friend over to play.

9

Have you scheduled an eye exam?

10

Have your child match socks as you fold laundry.

11

Work on a puzzle together.

12

Count groups of ten using a cereal like Cheerios.™

13

Flag Day
Make a popsicle stick flag magnet. (todayscreativeideas.com/popsicle-stick-american-flag-magnet)

14

Draw a picture of fun things to do in the summer.

15

Father's Day
Color a picture together. Cut it into puzzle pieces and try to put it back together.

16

Go outside and ask your child to repeat patterns: step-step-jump, clap-clap-pat, etc.

17

Cut up an old greeting card in puzzle-like shapes. Ask your child to fit the pieces back together.

18

Juneteenth
Practice writing numbers 1–20.

19

Summer Begins
Library Day!

20

Start a nursery rhyme and have your child finish it.

21

Draw shapes outside using sidewalk chalk.

22

Find small scoops, cups, and balls around the house. Use them for waterplay outside.

23

Continue teaching your child their phone number and address.

24

Make lemonade. Ask your child to help measure ingredients and stir.

25

Read a story to your child. Point to each word as you read.

26

27
READ. TALK. PLAY.
Everyday!

Practice writing numbers 1–20.

28

Freeze a few of your child's toys or action figures. Have them use tools or water to get the toys unthawed.

29

Review "stranger danger" rules.

30

Good books for four- and five-year olds

- *Unstoppable* by Adam Rex, Illustrations by Laura Park
- *When Sophie Thinks She Can't ...* by Molly Bang
- *The Problem With Problems* by Rachel Rooney, Illustrations by Zehra Hicks
- *Have You Seen My Trumpet?* by Michaël Escoffier, Illustrations by Kris Di Giacomo
- *Do You Know Which Ones Will Grow* by Susan A. Shea, Illustrations by Tom Slaughter
- *You Are Not Small* by Anna Kang, Illustrations by Christopher Weyant
- *Jabari Tries* by Gaia Cornwall
- *The Little Red Fort* by Brenda Maier, Illustrated by Sonia Sanchez
- *B. Bear & Lolly: Catch That Cookie!* by A. A. Livingston

ALL ABOUT ME

- Make a book by stapling or tying blank pages together with yarn.
- Find photos of your child to put in the book. Give them magazines to cut out pictures of things they like.
- Ask your child questions and write the question and their exact answer in the book: My name is _____; I like to _____; My favorite food is _____; My favorite color is _____; I like it when my mom _____; etc
- Make another page of personal information your child should know and practice this often: My name is _____; I am a _____; I was born on _____; My address is _____; My phone number is _____; I'm allergic to _____; In an emergency I should call _____; etc.

JULY
2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

■ **Seven positives.** Did you know on average it takes seven positive comments to balance the effect of just one negative comment? Saying "good girl" or "good boy" isn't enough. Be specific and tell your child what was good about it. For example, "Wow. That tower is the tallest you've ever built. You worked really hard on it and I like the columns on the side."



Scan the QR code or text Readby4th to 70138 to sign up for free text messages with easy tips on how to turn everyday moments into teachable ones for ages 0 - 5.

Play a toss game together.

1

Continue teaching your child their phone number and address.

2

Have your child find things that are their favorite color.

3

Independence Day

4

Play "I Spy" for the number 1.

5

Pick two books to read today.

6

Find your child's favorite color throughout this week.

7

Find objects that rhyme with "pig."

8

Play a "freeze" game or "Stop and Go."

9

Have your child invite a friend over to play.

10

Library Day!

11

Find things that begin with the sound of the letter "T."

12

Visit a farmers market.

13

Explore a different culture! Read and talk about it.

14

Fly a kite.

15

Practice writing letters and numbers.

16

Have a dance party.

17

Count to 101.

18

Pick a game for family game night.

19

Practice naming opposites, like up/down, on/off, etc.

20

Picnic day.

21

Count pennies... count as high as you can.

22

Practice fire safety: stop, drop & roll.

23

Go outside and play Hopscotch or swing.

24

Library Day!

25

Make sun tea or lemonade together. Share with a friend.

26

Take a walk and count the trees or other things you see.

27

28

READ.
TALK. PLAY.
Everyday!

Draw a picture of your family and have your child say the first and last names of each member.

29

Have your child retell a story or event in order (first, middle, last).

30

Write simple names or words.

31

Good books for four- and five-year olds

- *Bodies Are Cool* by Tyler Feder
- *Ho'onani: Hula Warrior* by Heather Gale, Illustrations by Mika Song
- *The Family Book* by Todd Parr
- *Remarkably You* by Pat Zietlow Miller, Illustrations by Patrice Barton
- *Why Am I Me?* by Paige Britt, Illustrations by Sean Qualls and Selina Alko
- *I Like Myself* by Karen Beaumont, Illustrations by David Catrow
- *Our Favorite Day of the Year* by A. E. Ali, Illustrations by Rahele Jomepour Bell
- *What I Am* by Divya Srinivasan

GET READY!

- Before the first day of school, choose school supplies and label them.
- Play school together and take turns being the teacher.
- Eat a meal from a lunch box or tray. Show your child how to clean up and open milk/juice cartons.
- Visit your child's school and explore the classroom and playground.
- Talk about the kinds of things they will be doing at school.
- Two weeks before school starts, adjust your child's bed time to what it will be during the school year.
- Create a healthy routine that allows time for family meal, homework, play, bath, teeth brushing and a bedtime story.
- Practice zippers, buttons, opening backpack, putting on tennis shoes. Not all children have mastered shoe tying by the first day of school and that's OK. Just remember to practice once in a while.

AUGUST 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Make extra
snuggle time
today.

1

Play "I Spy
Colors."

2

Shop for
school
supplies.

3

Adjust
bedtime to
what it will be
when school
starts.

4

Practice
zipping and
buttoning.

5

Adjust your
child's daily
routine to
match their
school
routine.

6

Visit your new
school and
play on the
playground.

7

Library Day!

8

Find words
that rhyme
with "me."

9

Label school
supplies
together.

10

Pretend it is the first day of school. Practice ways to say goodbye.

11

Practice writing numbers 1–25.

12

As you pick out fruits and vegetables at the grocery store, have your child name the colors.

13

Draw a picture. Talk about it. Write what your child says.

14

Talk about your day at dinner.

15

Count how many red clothes you have.

16

Look for things that begin with “P.” Point out the letter “P” in print.

17

Cut pictures out of magazines.

18

Organize what your child will need for the first day school.

19

Play with ice cubes outside. Watch how fast they melt.

20

Read a book about going to school and ask your child to retell the story.

21

Library Day!

22

Help your child write their name and identify each letter.

23

Read an extra book. Spend extra time snuggling.

24

READ. TALK. PLAY.
Everyday!

Continue teaching your child their phone number and address.

25

Name all the foods on your plate. What is your favorite?

26

Use addition and subtraction words like “I have one cookie and you have two cookies. That makes three cookies.”

27

Have your child talk about the steps in the planting project.

28

Draw a picture of your new school.

29

Put together a puzzle with your child.

30

Make a tent inside. Read books in it.

31

Good books for four- and five-year olds

- *Lena's Shoes Are Nervous: A First-Day-of-School Dilemma* by Keith Calabrese, Illustration by Juana Medina
- *All Are Welcome* by Alexandra Penfold, Illustrated by Suzanne Kaufman
- *How Do Dinosaurs Go to School?* by Jane Yolen
- *Monkey Not Ready for Kindergarten* by Marc Brown
- *School's First Day of School* by Adam Rex, Illustrations by Christian Robinson
- *Step By Step* by Alice McGinty, Illustrations by Diane Goode
- *The King of Kindergarten* by Derrick Barnes, Illustrations by Vanessa Brantley-Newton



KINDERGARTEN REGISTRATION INFORMATION

All parents/legal guardians of children who will be five years of age on or before September 1 are encouraged to register their children for kindergarten.

Early registration begins as early as March 1 for some schools. Check with your local school district for your kindergarten registration information.

In most cases, the parent/legal guardian will need to bring the following for kindergarten registration:

- Child's official birth certificate (with raised seal)
- Child's social security number



- Proof of residency (required for all registrants) — copy of signed mortgage, contract to build or lease agreement showing the owner/resident's name and address OR TWO of the following items:
 - Utility bills which have the name and address of the resident
 - Valid driver's license
 - Voter registration card
 - State medical card
 - Notarized affidavit of residency from the parent or person with whom the child is residing, affirming that the child eats and sleeps at the residence

All students entering kindergarten must provide documentation of a current physical examination and immunizations PRIOR to starting school, AND proof of a dental exam. You do not need proof of a physical or dental exam to register your child.

It is recommended that you make your child's appointments for a kindergarten physical and dental exam by April or even earlier! Students who do not have physical and dental exams by the first day of school may not be allowed to attend school.

Kindergarten Readiness Websites

- Resources for Iowa Parents and Families: www.earlychildhood.iowa.org/parents-and-families
- Games, articles, and resources to make back-to-school fun: www.scholastic.com/parents/resources/collection/back-to-school/back-to-school-start-smart
- Kindergarten milestones and skill builders by subject: www.familyeducation.com/school-learning/kindergarten

LOCAL LIBRARIES

Our local libraries circulate books, magazines, DVDs, CDs, toys and kits, books on tape, large print books, and other materials.

Many provide programs for children six months and older.

- **Cedar Falls Public Library**
524 Main Street
Cedar Falls, IA 50613
319-273-8643
www.cedarfallslibrary.org
- **Denver Public Library**
100 Washington Street
Denver, IA 50622
319-984-5140
www.denver.lib.ia.us
- **Dike Public Library**
133 East Elder Street
Dike, IA 50624
319-989-2608
www.dikepubliclibrary.org
- **Evansdale Public Library**
123 North Evans Road
Evansdale, IA 50707
319-232-5367
www.evansdale.lib.ia.us
- **Hawkins Memorial Library**
308 Main Street
La Porte City, IA 50651
319-342-3025
www.laportecity.lib.ia.us
- **Hudson Public Library**
401 Fifth Street
Hudson, IA 50643
319-988-4217
www.hudson.lib.ia.us
- **Independence Public Library**
805 1st Street East
Independence, IA 50644
319-334-2470
www.independence.ia/507/Public-Library
- **Janesville Public Library**
227 Main Street
Janesville, IA 50647
319-987-2925
www.janesville.lib.ia.us
- **Kling Memorial Library**
708 7th Street
Grundy Center, IA 50638
319-825-3607
www.grundycenter.lib.ia.us
- **Reinbeck Public Library**
501 Clark Street
Reinbeck, IA 50669
319-788-2652
www.reinbeck.lib.ia.us
- **Waterloo Public Library**
415 Commercial Street
Waterloo, IA 50701
319-297-4480
www.waterloopubliclibrary.org
- **Waverly Public Library**
1500 West Bremer Avenue
Waverly, IA 50677
319-352-1223
www.waverlyia.com/public-library

For a complete listing, visit www.CedarValleyUnitedWay.org/Read.

CHILDHOOD IMMUNIZATION

Recommended schedule, birth to 18 years.

Immunizations are done by appointment only. Call 319-291-2413 in Black Hawk County to schedule. Parent or legal guardian must sign consent forms. Must bring current shot record. Charges may vary for each immunization, public aid card/cash/check/or billing.

- DTaP: Give at 2 months, 4 months, 6 months, and 15-18 months. Booster dose at 4-6 years.
- IPV: Give at 2 months, 4 months, and 6 months. Booster dose at 4-6 years.
- Hib: Give at 2 months, 4 months, and 6 months. Booster dose at 12-15 months.
- Rotavirus: Given at 2 months, 4 months, and 6 months. Series cannot be started after 15 weeks.
- Hepatitis A: Dose #1 at 12 months. Dose #2, given 6 months after #1.
- Hepatitis B: Give at birth to 2 months, #2 at 4 months, and #3 at 6 months or older.
- Prevnar: Give at 2 months, 4 months, 6 months, and 12-15 months.
- MMR/MMRV: Dose #1 given at 12-15 months. Booster at 4 to 6 years.
- HPV: Given to boys and girls age 11-14 years with 1st dose prior to age 15 (only two doses are needed 6 months apart). If a boy or girl receives 1st dose after 15th birthday then a three dose schedule is required (1st dose, two months later – 2nd dose, and four months after 2nd dose the 3rd dose is given).
- Td/Tdap: Booster every 10 years. Required prior to 6th grade and high school entry in Illinois.
- Meningitis: 1st dose age 11-12 years required for 6th grade entry, 2nd dose 16-18 years required for 12th grade entry.
- Pediarix (Dtap, IPV and Hep B) and Comvax (Hib/HepB) may be used to reduce the number of immunizations given to infants.

The BHCPHD Immunization Programs follow the recommended immunization schedule outlined by the ACIP (Advisory Committee on Immunization Practices), AAP (American Academy of Pediatrics), and the AAFP (American Academy of Family Physicians).

BLACK HAWK COUNTY ELEMENTARY SCHOOLS

CEDAR FALLS SCHOOL DISTRICT

Administration Center

1002 West First Street
Cedar Falls, IA 50613 • 319-553-3000

Aldrich Elementary School

2526 Ashworth Drive
Cedar Falls, IA 50613 • 319-553-3020

Cedar Heights Elementary School

2417 Rainbow Drive
Cedar Falls, IA 50613 • 319-553-2855

Hansen Elementary School

616 Holmes Drive
Cedar Falls, IA 50613 • 319-553-2775

Lincoln Elementary School

321 West 8th Street
Cedar Falls, IA 50613 • 319-553-2950

North Cedar Elementary School

2419 Fern Avenue
Cedar Falls, IA 50613 • 319-553-2837

Orchard Hill Elementary School

3909 Rownd Street
Cedar Falls, IA 50613 • 319-553-2465

Southdale Elementary School

627 Orchard Drive
Cedar Falls, IA 50613 • 319-553-2900

DENVER SCHOOL DISTRICT

District Office

541 East Eagle Street
Denver, IA 50622 • 319-984-6326

Denver Elementary School

520 Lincoln Street
Denver, IA 50622 • 319-984-5611

DIKE-NEW HARTFORD COMMUNITY SCHOOL DISTRICT

Administration Center

330 Main Street
Dike, IA 50624 • 319-989-2552

Dike Elementary School

330 Main Street
Dike, IA 50624 • 319-989-2487

New Hartford Elementary School

508 Beaver Street
New Hartford, IA 50660 • 319-983-2206

DUNKERTON SCHOOL DISTRICT

Administration Center and Elementary School

509 South Canfield
Dunkerton, IA 50626 • 319-822-4295

GLADBROOK-REINBECK COMMUNITY SCHOOL DISTRICT

Superintendent's Office

600 Blackhawk Street
Reinbeck, IA 50669 • 319-345-2712

Gladbrook-Reinbeck Elementary School

300 Cedar Street
Reinbeck, IA 50669 • 319-345-2822

HUDSON SCHOOL DISTRICT

Hudson Elementary School

136 South Washington Street
Hudson, IA 50643 • 319-988-3233 ext. 3

JANESVILLE SCHOOL DISTRICT

Janesville Elementary School

505 Barrick Road
Janesville, IA 50647 • 319-987-2581

JESUP SCHOOL DISTRICT

Jesup Elementary School

531 Prospect Street
Jesup, IA 50648 • 319-827-1700

WAPSIE VALLEY COMMUNITY SCHOOL DISTRICT

Administration Center

2535 Viking Avenue
Fairbank, IA 50629 • 319-638-6711

Fairbank Elementary

311 5th Street North
Fairbank, IA 50629 • 319-635-2071

Readlyn Elementary

200 East 4th Street
Readlyn, IA 50668 • 319-279-3323

WATERLOO SCHOOL DISTRICT

Administration Center

1516 Washington Street
Waterloo, IA 50702 • 319-433-1800

Becker Elementary School

1239 Sheldon Street
Waterloo, IA 50701 • 319-433-2180

Dr. Walter Cunningham School for Excellence

1224 Mobile Street
Waterloo, IA 50703 • 319-433-2600

Highland Elementary School

812 Idaho Street
Waterloo, IA 50703 • 319-433-2630

Irving Elementary School

1115 West 5th Street
Waterloo, IA 50702 • 319-433-2800

Kingsley Elementary School

201 Sunset Road
Waterloo, IA 50701 • 319-433-2210

WATERLOO SCHOOL DISTRICT (CONTINUED)

Kittrell Elementary School

1304 Oregon Street
Waterloo, IA 50702 • 319-433-2910

Lincoln Elementary School

302 Cedar Bend Street
Waterloo, IA 50703 • 319-433-1990

Lou Henry Elementary School

312 Rachael Street
Waterloo, IA 50701 • 319-433-2860

Lowell Elementary School

1707 Williston Avenue
Waterloo, IA 50702 • 319-433-1900

Orange Elementary School

5805 Kimball Avenue
Waterloo, IA 50701 • 319-433-2880

Poyner Elementary School

1138 Central Avenue
Waterloo, IA 50707 • 319-433-1534

WAVERLY-SHELL ROCK COMMUNITY SCHOOL DISTRICT

Administration Center

1415 4th Avenue Southwest
Waverly, IA 50677 • 319-352-3630

Margaretta Carey Elementary School

220 9th Avenue Northwest
Waverly, IA 50677 • 319-352-2855

Shell Rock Elementary School

214 North Cherry Street
Shell Rock, IA 50670 • 319-885-4311

Southeast Elementary School

809 4th Street Southeast
Waverly, IA 50677 • 319-352-3582

Waverly-Shell Rock Lied Campus

106 16th Street Southwest
Waverly, IA 50677 • 319-352-5991

WAVERLY-SHELL ROCK COMMUNITY SCHOOL DISTRICT (CONTINUED)

West Cedar Elementary School

221 15th Street Northwest
Waverly, IA 50677 • 319-352-2754

UNION SCHOOL DISTRICT

Administration Center

200 Adams Street
La Porte City, IA 50651 • 319-342-2674

Dysart-Geneseo Elementary School

411 Lincoln Street
Dysart, IA 52224 • 319-476-7110

LPC Elementary School

515 Fillmore Street
La Porte City, IA 50651 • 319-342-3033

VINTON-SHELLSBURG COMMUNITY SCHOOL DISTRICT

Administration Center

1502 C Avenue
Vinton, IA 52349 • 319-436-4728

Shellsburg Elementary School

203 Cottage Street
Shellsburg, IA 52332 • 319-436-4728

Tilford Elementary School

308 East 14th Street
Vinton, IA 52349 • 319-436-4728

NON-PUBLIC SCHOOLS

Cedar Valley Catholic Schools

3231 West 9th Street
Waterloo, IA 50702 • 319-232-1422

Blessed Sacrament Early Childhood Center

600 Stephan Avenue
Waterloo, IA 50701 • 319-236-6131

Saint Edward Elementary School

139 East Mitchell Avenue
Waterloo, IA 50702 • 319-233-6202

PARENT RESOURCES

1ST FIVE DEVELOPMENTAL SCREENINGS

All children develop in unique ways and at different rates. Screenings are a fun and comfortable way to learn how a child is developing, and to address developmental questions parents and caregivers may have.

Black Hawk County residents can have their children screened by calling:

• Cedar Falls:

MercyOne Bluebell Rd. Family Medicine 319-272-8000
MercyOne Cedar Falls Family Medicine 319-268-3570
Orchard Family Medicine 319-242-6871
UnityPoint Clinic Family Medicine Prairie Parkway 319-222-2778

UnityPoint Clinic Pediatrics Prairie Parkway 319-277-1990

UnityPoint Health Family Medicine Residency Prairie Parkway 319-222-2711

• Evansdale:

MercyOne Evansdale Family Medicine 319-272-3080
UnityPoint Clinic Family Med. Evansdale 319-274-7060

• Hudson:

UnityPoint Clinic Family Med. Hudson 319-988-9850

• Jesup:

MercyOne Jesup Family Medicine 319-827-3000

• La Porte City:

MercyOne La Porte City Family Med. 319-342-2131

• Waterloo:

Cedar Valley Family Med. - Dr. Harter 319-232-0555
Cedar Valley Primary Care 319-233-1540
Child Adolescent Health Screening Ctr. 319-292-2238
Matthew Smith Family Practice 319-235-3568
MercyOne Grand Crossing Family Med. 319-272-6100
MercyOne Kimball Family Medicine & Pediatrics Care 319-272-0000

MercyOne Northeast Iowa Family Medicine & Residency 319-272-2560

MercyOne Pediatrics 319-272-5000

MercyOne Waterloo Family Medicine 319-272-5000

• Waterloo (Continued):

Peoples Community Health Clinic 319-272-4300
UnityPoint Clinic Family Medicine North Crossing 319-226-8430

UnityPoint Clinic Family Medicine West Waterloo 319-232-0135

UnityPoint Clinic Fiat Family Medicine 319-236-7751

OTHER RESOURCES



2-1-1

www.211iowa.org

A FREE and confidential phone hotline available 24/7/365 to answer questions and provide referrals. Call whenever you need assistance with emergency shelter, food pantries, day care, rent or utility assistance, elderly care, mental health services, employment, health resources, domestic abuse, education, vocational training, disability resources, counseling, disaster recovery, or drug and alcohol rehabilitation. (Available in multiple languages.)

AMERICAN ACADEMY OF PEDIATRICS

www.aap.org

Health and wellness information for families including information on developmental stages, immunizations, and parenting.

BORN LEARNING

www.bornlearning.org

Site provides resources to help parents, caregivers, and communities support early learning.

EARLY CHILDHOOD IOWA

www.earlychildhood.iowa.gov

Provides evidence-based, reliable information on early care and education for parents, caregivers, and teachers of young children in Iowa. The

site offers printable Tip Sheets for caregivers and parents, frequently asked questions (and their answers), and links to web resources on topics related to early care and education.

JUST IN TIME PARENTING

www.jitp.info/

Newsletter in English and Spanish with prenatal and developmental information up to age 5. Features tools for solving common parenting problems, strategies for coping with challenges, and links to podcasts, videos, and other resources.

PBS PARENTS

www.pbs.org/parents

Information about child development and fun educational activities for children to help get them ready for school.

READING ROCKETS

www.readingrockets.org

Reading Rockets offers a wealth of strategies, lessons, and activities designed to help young children learn to read.

SCHOLASTIC

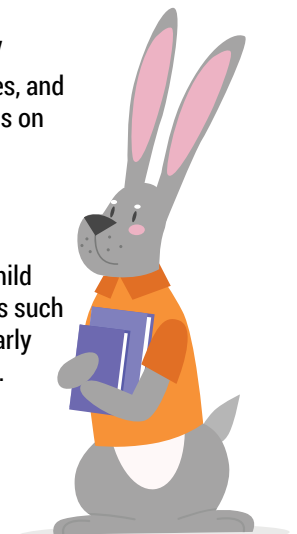
www.scholastic.com/parents/

Provides information, activities, and advice for parents with a focus on literacy and learning.

ZERO TO THREE

www.zerotothree.org

Provides information about child development and care in areas such as early brain development, early language and literacy, and play.



40 DEVELOPMENTAL ASSETS FOR EARLY CHILDHOOD

The Search Institute has identified forty building blocks that are essential for helping children become healthy, caring, and responsible individuals. These building blocks, also called Developmental Assets™, are competencies that children develop through their experiences with people in their world (parents, teachers, child care providers, librarians, bus drivers, and others).

EXTERNAL ASSETS

SUPPORT

1. Family support—Parent(s) and/or primary caregiver(s) provide the child with high levels of consistent and predictable love, physical care, and positive attention in ways that are responsive to the child's individuality.
2. Positive family communication—Parent(s) and/or primary care giver(s) express themselves positively and respectfully, engaging young children in conversations that invite their input.
3. Other adult relationships—With the family's support, the child experiences consistent, caring relationships with adults outside the family.
4. Caring neighbors—The child's network of relationships includes neighbors who provide emotional support and a sense of belonging.
5. Caring climate in child-care and educational settings—Caregivers and teachers create environments that are nurturing, accepting, encouraging, and secure.
6. Parent involvement in child care and education—Parent(s), caregivers, and teachers together create a consistent and supportive approach to fostering the child's successful growth.

- The more assets children have the better. Research shows that adolescents who report having more assets are more likely to be successful in school and in their personal life. The Search Institute has found that most adolescents have only 18 to 20 of these 40 Developmental Assets™.
- Starting early is critical to helping children build assets. Your use of this Kindergarten Readiness Calendar is a great start.
- Review the Developmental Assets™ list below and see how you can help children entering kindergarten build their assets.

15. Positive peer relationships—Parent(s) and caregivers seek to provide opportunities for the child to interact positively with other children.

CONSTRUCTIVE USE OF TIME

16. Positive expectations—Parent(s), caregivers, and teachers encourage and support the child in behaving appropriately, undertaking challenging tasks, and performing activities to the best of her or his ability.
17. Play and creative activities—The child has daily opportunities to play in ways that allow self-expression, physical activity, and interaction with others.
18. Out-of-home and community programs—The child experiences well-designed programs led by competent, caring adults in well maintained settings.
19. Religious community—The child participates in age-appropriate religious activities and caring relationships that nurture her or his spiritual development.
20. Time at home—The child spends most of her or his time at home participating in family activities and playing constructively, with parent(s) guiding TV and electronic game use.

29. Honesty—The child begins to understand the difference between truth and lies, and is truthful to the extent of her or his understanding.

30. Responsibility—The child begins to follow through on simple tasks to take care of themselves and to help others.

31. Self-regulation—The child increasingly can identify, regulate, and control their behaviors in healthy ways, using adult support constructively in particularly stressful situations.

SOCIAL COMPETENCIES

32. Planning and decision making—The child begins to plan for the immediate future, choosing from several options and trying to solve problems.

33. Interpersonal skills—The child cooperates, shares, plays harmoniously, and comforts others in distress.

34. Cultural awareness and sensitivity—The child begins to learn about their own cultural identity and to show acceptance of people who are racially, physically, culturally, or ethnically different from them.

EMPOWERMENT

7. Community cherishes and values young children—Children are welcomed and included throughout community life.
8. Children seen as resources—The community demonstrates that children are valuable resources by investing in a child-rearing system of family support and high-quality activities and resources to meet children's physical, social, and emotional needs.
9. Service to others—The child has opportunities to perform simple but meaningful and caring actions for others.
10. Safety—Parent(s), caregivers, teachers, neighbors, and the community take action to ensure children's health and safety.

BOUNDARIES & EXPECTATIONS

11. Family boundaries—The family provides consistent supervision for the child and maintains reasonable guidelines for behavior that the child can understand and achieve.
12. Boundaries in child-care and educational settings—Caregivers and educators use positive approaches to discipline and natural consequences to encourage self-regulation and acceptable behaviors.
13. Neighborhood boundaries—Neighbors encourage the child in positive, acceptable behavior, as well as intervene in negative behavior in a supportive, nonthreatening way.
14. Adult role models—Parent(s), caregivers, and other adults model self-control, social skills, engagement in learning, and healthy lifestyles.

INTERNAL ASSETS

COMMITMENT TO LEARNING

21. Motivation to mastery—The child responds to new experiences with curiosity and energy, resulting in the pleasure of mastering new learning and skills.
22. Engagement in learning experiences—The child fully participates in a variety of activities that offer opportunities for learning.
23. Home-program connection—The child experiences security, consistency, and connections between home and out-of-home care programs and learning activities.
24. Bonding to programs—The child forms meaningful connections with out-of-home care and educational programs.
25. Early literacy—The child enjoys a variety of pre-reading activities, including adults reading to her or him daily, looking at and handling books, playing with a variety of media, and showing interest in pictures, letters, and numbers.

POSITIVE VALUES

26. Caring—The child begins to show empathy, understanding, and awareness of others' feelings.
27. Equality and social justice—The child begins to show concern for people who are excluded from play and other activities or not treated fairly because they are different.
28. Integrity—The child begins to express her or his views appropriately and to stand up for a growing sense of what is fair and right.

35. Resistance skills—The child begins to sense danger accurately, to seek help from trusted adults, and to resist pressure from peers to participate in unacceptable or risky behavior.

36. Peaceful conflict resolution—The child begins to compromise and resolve conflicts without using physical aggression or hurtful language.

POSITIVE IDENTITY

37. Personal power—The child can make choices that give a sense of having some influence over things that happen in their life.
38. Self-esteem—The child likes themselves and has a growing sense of being valued by others.
39. Sense of purpose—The child anticipates new opportunities, experiences, and milestones in growing up.
40. Positive view of personal future—The child finds the world interesting and enjoyable, and feels that they have a positive place in it.

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PLACES TO GO IN BLACK HAWK COUNTY

Young children are curious about the world around them. Introduce your child to new things: parks, zoos, museums, hiking, sporting events, and restaurants. Invite a friend! Here are some fun places to go with your child. Visit the web site www.cedarfalls.macaronikid.com/directory for current children's activities throughout Black Hawk County.

FARMERS MARKETS

Cedar Falls Farmers Market

Saturdays, May - October, 8:30 am - Noon
Corner of Clay and 3rd Streets, Cedar Falls

Cedar Valley Farmers Market @ Kimball Ridge

Tuesdays, May - October, 3:30 - 6:00 pm
Corner of Kimball and Ridgeway in Waterloo,
Behind the Cancer Treatment Center and KFC

Cedar Valley Farmers Market @ Shiloh Baptist Church

Tuesdays, May - October, 3:00 - 6:00 pm
3525 Sager Avenue, Waterloo

College Hill Farmers Market

Wednesdays, May - October, 4:00 - 6:00 pm
West 22nd Street between College and
Olive Streets, Cedar Falls

Dunkerton Farmers Market

Mondays, May - October, 5:00 - 7:00 pm
Gazebo Park, 114 W. Main Street, Dunkerton

Evansdale Farmers Market

Saturdays, May - October, 9:00 am - 1:00 pm
Wednesdays, May - October,
Corner of Clay and 3rd Streets, Cedar Falls

Kimball Ridge Family Market

Saturdays, May - October, 8:30 am - Noon
Parking lot in the NE corner of Kimball and
Ridgeway Avenues, Waterloo

Waterloo Urban Farmers Market

Saturdays, May - October, 8:00 am - Noon
Riverloop Expo Plaza, 460 Jefferson Street,
Waterloo

PARKS & PLAYGROUNDS

Cedar Falls:

Beach House
Bess Streeter Aldrich Park
Big Woods Lak Recreation Area
Birdsall Memorial Park
Black Hawk Park
Central Park
Clay Street Park
El Dorado Heights Park
Fairview Cemetery Tot Lot Park
Gateway Park
George Wyth Memorial State Park
Greenhill / Place to Play Park
Hartman Reserve Nature Center
Holmes Park
Island Park
Kiwamis Bluff Park
Kuehn's Park
Lookout Park
Main Street Cul de Sac
Neighbors Park
Nordic Park
Olsen's Riverside Park
Orchard Hill Park
Overman Park
Paw Park
Peter Melendy Park
Pfeiffer Spring's Park
Police Officer's Memorial Park
Prairie Lakes Park
Robinson-Dresser Sports Complex
Rownds Park
Sartori Hospital Memorial Park
Seerley Park
Skate Park

Southdale Park
Sturgis Park
T.J.'s Park
Tondro Pray BMX Park
Tourist Park
Ulrich Park
Valley High Park
Veterans Memorial Park
Washington Park

Waterloo:

Black Hawk County Park &
Wildlife Areas
Byrnes Park
Cedar River Exchange Park
Cedar Valley Arboretum &
Botanic Gardens
Gates Park
George Wyth State Park
Highland Park
Hope Martin Memorial Park
Katoski Greenbelt Soft Trails
Lafayette Park
Lincoln Park
Mark's Park
Pat Bowsby Off-Leash Dog Park
Riverview Recreation Area
Sherwood Park Recreation Area
Sullivan Park
Valley View Park
Washington Park

POOLS & WATER PLAY

Byrnes Park Swimming Pool

101 Campbell Avenue, Waterloo • 319-291-4453

Cedar Valley SportsPlex Indoor Pool

300 Jefferson Street, Waterloo • 319-291-0165

The Falls Aquatic Center

3025 S. Main Street, Cedar Falls • 319-266-8468

Holmes Indoor Pool

505 Holmes Drive, Cedar Falls • 319-553-3012

Lost Island Waterpark

2225 E. Shaulis Road, Waterloo • 319-455-6700

Mark's Park and Splash Pad

Riverloop Amphitheatre, Waterloo • 319-291-0165

Peet Indoor Swimming Pool

525 E. Seerley Boulevard, Cedar Falls • 319-553-3011

Sunnyside Country Club*

1600 Olympic Drive, Waterloo • 319-234-1707

LOCAL ATTRACTIONS & THINGS TO DO

Please check the organization's website for hours, cost and more information.

Black Hawk Children's Theatre

224 & 225 Commercial Street, Waterloo • 319-235-0367
www.wcpbhct.org

Cadillac XBC

350 La Porte Road, Waterloo • 319-234-6888
www.cadillacxbc.com

Cedar Valley Arboretum and Botanic Gardens

1927 E. Orange Road, Waterloo • 319-226-4966
www.cedarvalleyarboretum.org

LOCAL ATTRACTIONS & THINGS TO DO

Please check the organization's website for hours, cost and more information.

Escapology

2518 Melrose Drive, Cedar Falls • 319-553-3066
www.escapology.com/en/cedar-falls-ia

Get Air Indoor Trampoline Park

3729 University Avenue, Waterloo • 319-462-7132
www.getairsports.com/waterloo/

Golf Lab

201 Washington Street, Cedar Falls • 319-242-6196
www.golflabcf.com

Hansen's Dairy

8461 Lincoln Road, Hudson • 319-242-1074
www.hansendairy.com

Hurling Hatchet Urban Axe Throwing

100 E. 2nd Street, Cedar Falls • 319-575-4847
www.hurlinghatchet.com

KW Paintball

1734 W. Airline Highway, Waterloo • 319-230-2213
www.kwpaintball.com

Lost Island Theme Park and Lost Island Waterpark

2225 E. Shaulis Road, Waterloo • 319-233-8414
www.thelostisland.com

Maple Lanes Bowling Center

2608 University Avenue, Waterloo • 319-234-1414
www.maplelaneswaterloo.com

Ninja U

5911 University Avenue, Cedar Falls • 319-224-0836
www.ninjau.com

Palmer's Family Fun

1666 W. Airline Highway, Waterloo • 319-232-9384
www.palmersfamilyfun.com

Silos and Smokestacks National Heritage Area

305 W. Park Avenue, Waterloo • 319-234-4567
www.silosandsmokestacks.org

Sunrise Children's Zoo

250 Ansborough Avenue, Waterloo • 319-234-4410
www.sunriseexchangeclub.com

Waterloo Center for the Arts

225 Commercial Street Waterloo • 319-291-4490
www.waterloocenterforthearts.org

MUSEUMS - CEDAR FALLS

Behrens-Rapp Tourism Information Station

1st and Clay Street, Cedar Falls • 319-266-5149
This restored gas station contains information for visitors to the Cedar Falls/Waterloo area.
www.cfhistory.org

Ice House Museum

121 Center Street, Cedar Falls • 319-266-5149
This circular structure built in 1921 once housed a flourishing ice business and now displays ice harvest equipment and photos on ice farming operations. Early farming, homemaking and business memorabilia are also displayed.
www.cfhistory.org

Little Red Schoolhouse

1st and Clay Street, Cedar Falls • 319-266-5149
Built in 1909, this charming schoolhouse is equipped with blackboards, books, a pot-bellied stove and turn-of-the-century furnishings.
www.cfhistory.org

UNI Museum

3219 Hudson Road, Cedar Falls • 319-279-2838
The UNI Museum is comprised of the University Museum (a museum of nature and culture) and the Marshall Center School (a restored historic one-room schoolhouse). They are administered by the Department of Museums & Collections at the University of Northern Iowa, within the Rod Library.
www.library.uni.edu/museum

Victorian Home and Carriage House Museum

308 W. 3rd Street, Cedar Falls • 319-266-5149
The oldest of Cedar Falls' museums, this 1861 Civil War era home features antique furnishings, fashions and memorabilia documenting the area's early history. This museum also houses the famous O-scale Lenoir Train Exhibit.
www.cfhistory.org

MUSEUMS - WATERLOO

Bluedorn Science Imaginarium

322 Washington Street, Waterloo • 319-234-6357
Science comes alive at the Carl A. and Peggy J. Bluedorn Science Imaginarium, a three-floor, interactive science center.
www.groutmuseumdistrict.org/sites-exhibits/

Grout Museum District

503 South Street, Waterloo • 319-234-6357
The Grout Museum District provides understanding of the world through history and science.
www.groutmuseumdistrict.org

Grout Museum of History and Science

503 South Street, Waterloo • 319-234-6357
Features permanent and continually changing exhibitions of area history, and the only public planetarium in Northeast Iowa, which holds weekly shows.
www.groutmuseumdistrict.org/sites-exhibits/

John Deere Tractor and Engine Museum

500 Westfield Avenue, Waterloo • 319-292-6126
History of John Deere at the site of its first factory, with hands-on exhibits and free guided tours.
www.deere.com/en/connect-with-john-deere/visit-john-deere/tractor-and-engine-museum/

National Wrestling Hall of Fame

303 Jefferson Street, Waterloo • 319-233-0745
For wrestling fans around the world, Waterloo's National Wrestling Hall of Fame Dan Gable Museum is a pilgrimage destination. This non-profit institution tells a compelling story, even if you're not well-versed in the sport.
www.nwhof.org/national-wrestling-hall-of-fame-dan-gable-museum

Sullivan Brothers Iowa Veterans Museum

503 South Street, Waterloo • 319-234-6357
The Sullivan Brothers Iowa Veterans Museum honors the service and sacrifice of all Iowa veterans from the Civil War to present.
www.groutmuseumdistrict.org/sites-exhibits/

READ. TALK. PLAY.

Everyday!

Cedar Valley United Way is dedicated to bringing people and resources together to create positive change and lasting impact in our community. We focus a portion of funds raised locally on strategies that provide a firm foundation for our youngest residents so they can grow and develop into successful middle and high school students. Ultimately, students will graduate with a plan and the skills needed to implement that plan so they can be productive, contributing members of their community.

We're working to coordinate and align community resources to ensure all children enter school on track for educational success.



Getting started with Bright Start is easy. Open an account with as little as \$25. Children with a College Savings Plan are seven times more likely to attend college than children without a plan. Visit www.brightstartsavings.com or your local financial institution for more information.



Cedar Valley United Way

To learn more about Cedar Valley United Way, please visit:
www.CedarValleyUnitedWay.org