

## APPROACHES TO LEARNING

Persistence, Curiosity

*Children will focus on and stick with an activity*

## SOCIAL EMOTIONAL

Regulate/Manage emotions and behaviors, Positive relationships, Cooperation

*Children will be able to show kindness to create meaningful relationships*

## LANGUAGE & COMMUNICATION

Listen, Understand Language, Express Thoughts, Communicate

*Children will be able to talk with family, friends, and others*

## LANGUAGE & LITERACY

Alphabet, Print, Writing, Books

*Children will begin to recognize letters and letter sounds and enjoy reading books*

## COGNITION AND GENERAL KNOWLEDGE: MATH

Remembering experiences, Patterns, Shapes, Counting, Measuring

*Children will begin to understand math through their daily activities and routines*

## COGNITION AND GENERAL KNOWLEDGE: SCIENCE

Exploring objects, Matching, Sorting, Comparing, Wondering, Predicting

*Children will begin to understand science by exploring and interacting with their surroundings*

## PERCEPTUAL, MOTOR AND PHYSICAL DEVELOPMENT

Travel, Balance, Grasp, Handle and move objects

*Children will participate in activities to grow strong bodies and gain control over movements*

## Perceptual Motor and Physical Development

0-1 years	Rolls over several times to get a toy; crawls; sits propped up; bats at a toy; scoops a toy to pick it up
1-2 years	Walks; across room, squats to pick up toys; carries a large ball while walking; pokes bubbles
2-3 years	Walks quickly; jumps off low step; flings a beanbag; turns knobs to open doors; strings large beads
3-4 years	Runs; jumps over small objects; tosses beanbag into basket; uses whole hand to grip crayons
4-5 years	Jumps and spins; hops; attempts to tie shoes; holds crayon using two fingers and thumb



# My Child's Journey to School Readiness



## Early Head Start Head Start



This brochure provides a brief overview of NMCAA's 0-5 School Readiness Goals. To view our goals in their entirety, visit [nmcaa.net](http://nmcaa.net) and follow the path below:  
Services-Early Childhood-School Readiness

Approaches to Learning	
0-1 years	Turns head to familiar voices; reaches for a toy that is out of reach; repeatedly shakes a rattle
1-2 years	Imitates others; puts objects into a container and dumps them out over and over; stacks blocks until tower does not fall
2-3 years	Seeks help opening a bottle; turns faucet on and off; enjoys taking things apart
3-4 years	Uses a table and sheets to build a tent; continues to play restaurant when given a menu
4-5 years	Seeks answers to questions; adds ideas to family conversations

Social Emotional	
0-1 years	Cries to show discomfort, hunger or tiredness; calms when familiar adult offers comfort
1-2 years	Sits next to other children while playing; screams when another child touches his crackers; attempts to clean up toys
2-3 years	Sits next to favorite adult when sad; greets other children upon arrival; gives another child a ball
3-4 years	Goes crying to adult when someone takes her toy; brings a crying child's blanket to him
4-5 years	Completes chosen activities; matches picture of a happy face with a child getting a present

Language & Communication	
0-1 years	Explores sounds such as 'ma-ma', 'da-da'; pays attention to people talking; uses sounds to get attention
1-2 years	Using two word sentences like 'more juice'; points to animals and makes the animals sounds
2-3 years	Sings songs; asks 'what's that?' or 'who's that' or 'why?'; engages in conversations; learning new words
3-4 years	Speaking in 3-5 word sentences; can talk in a quiet voice when reminded; answers questions
4-5 years	Tells stories that refer to other times/places; engages in long conversations; everyone understands what they are saying

Language & Literacy	
0-1 years	Listens to words in rhymes or songs; explores a book by touching it, patting it or putting it in mouth
1-2 years	Points at picture in a book; making sounds or saying words & interacting with an adult reading a book; makes marks on paper with large crayon
2-3 years	Pretends to read a book; recognize letters in their name; makes scribbles on paper to represent an object
3-4 years	Looks at books right side up; sings ABC song; act out a story; writes some letter-like forms; asks 'what does this say?'
4-5 years	Knows ½ of the alphabet; makes the sound of letters they know; retells parts of a story

Cognition and General Knowledge - Math	
0-1 years	Recognizes family and friends; imitates others - smiles when parent smiles; explores objects by shaking
1-2 years	Matches shapes; asks for "more"; explores how objects move through space - throws a ball under a table
2-3 years	Puts smaller objects into a smaller box and bigger objects into a bigger box; says, "too much" or "a lot"
3-4 years	Counts to 10; copies patterns; puts toys in order from smallest to biggest; identifies a few shapes
4-5 years	Counts 10-20 toys and names the number counted; describes shapes; creates patterns

Cognition and General Knowledge - Science	
0-1 years	Uses senses - touching, mouthing, shaking; repeats action - drops toy or sipping cup over and over again
1-2 years	Tries to make things happen - splashes in a puddle or knocks down a tower
2-3 years	Tries to make things work - turns faucet to make water come out; tells why a tower falls
3-4 years	Draws a picture and says what it is; notices and describes the weather, "It is raining."
4-5 years	Helps make a graph of favorite animals; guesses what might happen next; draws detailed pictures of something observed