

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 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