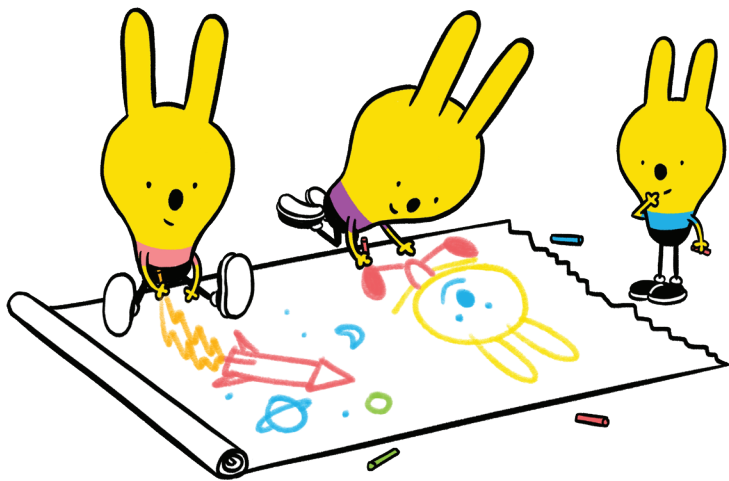


# I'm ready!

How to make sure every child is thriving by five.





I am excited about kindergarten!  
Here are some of the skills that I will  
need to have achieved by then.

- Get dressed, with a little help.
- Go to the bathroom by myself.
- Open my lunch containers.
- Ask for help.
- Take turns with my friends and with you.
- Follow routines and schedules.
- Listen and follow directions.
- Understand basic safety rules.
- Feel good about trying new things.
- Take part in group activities.
- Be curious.
- Run, catch, throw, jump and tumble.
- Be a helper.
- Paint, draw, sculpt and build items from my imagination.

# Hello adult. Welcome to my brain.

The first five years of my life are really, really important. That is when most of my brain is being wired. Scientists say that from the day I'm born, millions of neurons are making billions of connections. I'm learning all the time – at every moment of my day. Everything around me is teaching me, but the most important teacher of all is you. YOU are my interpreter, my guide, my steward, my security and my bridge to understanding the world around me.

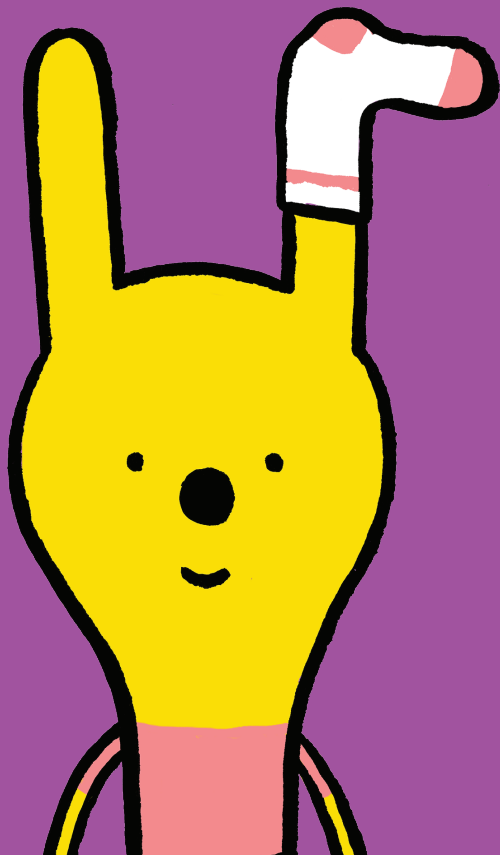
# This is your manual.

I learn constantly but there are some really basic things I need to be able to do really well by the time I'm five years old. These are called **milestones** and I can't reach them without lots of help. YOUR help. So, take some time to read through these milestones and follow some of my suggestions. You'll notice that most of it looks a lot like play and that's no accident. Learning should be fun, shouldn't it?

By the time I'm five years old, I should be able to do everything (and probably more) on the following pages.

Physical health and well-being

# DOING



What does it mean?

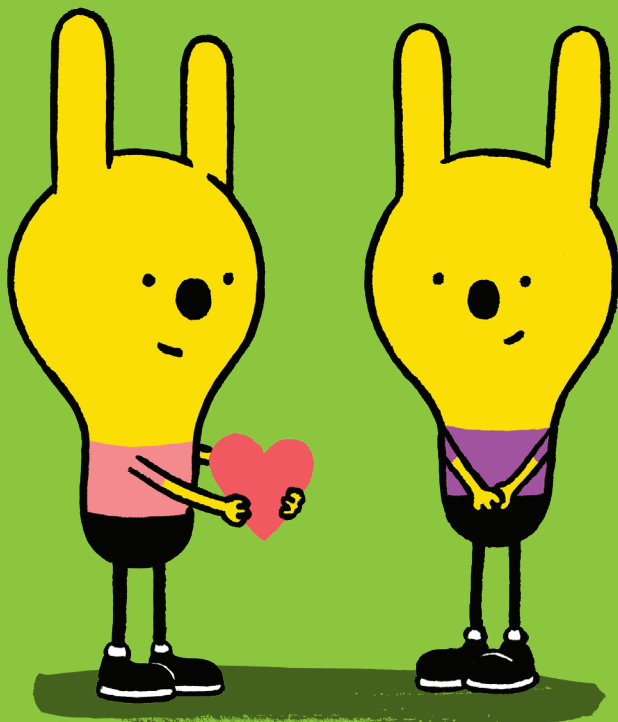
- I can climb big things and hold tiny things.
- I can go to the bathroom by myself (mostly).
- I'm ready for school: dressed, nourished and rested.
- I have enough energy to last the school day.

What do I need from you?

- Challenge me with lots of reading, grasping, beading, drawing and cutting activities and games.
- Give me lots of variety of foods. It might take trying some foods 10 times before I'll like them.
- Help me get lots of sleep, teach me to listen to my body and to rest when I'm tired.
- Make sure I get at least 2 hours of exercise every day – ideally outside activities.
- Show me nature – take me on walks in natural areas. It feeds my curiosity about the world and my place in it.

Social competence

# PLAYING





## What does it mean?

- I can play and get along with other children.
- I'm able to follow rules, instructions and routines.
- I accept responsibility for my actions.
- I show respect for others.

## What do I need from you?

- When I'm a baby, give me lots of skin to skin contact.
- Give me a safe environment that I can explore freely.
- Get me into a routine for sleeping, eating and playing.
- Teach me sharing and problem solving by playing lots of different games with me.
- Ask me what I think about things like decisions that affect me or others. Really listen to my answers and ask questions. Get me thinking!
- Show me how to be accepting of others and how to celebrate their differences. Be a good role model.

Emotional maturity

# FEELING



## What does it mean?

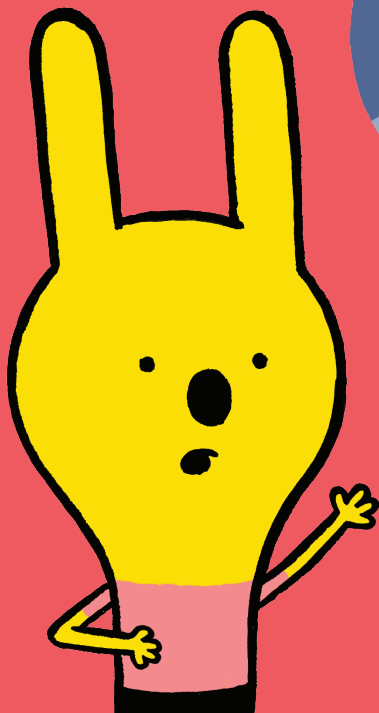
- I'm able to deal with feelings (for my age level).
- I'm strong enough to leave you once in a while.
- I can control some of my impulses and fears.
- I am able to focus on activities.

## What do I need from you?

- Make eye contact during reading, talking, singing, and playing.
- Teach me the right words for feelings.
- Let me make art – with whatever is around me.
- Be really consistent about what you expect for my behaviour. I need a heads up if routines change.
- I'm my own person so treat me with respect – you are modelling my ideas about fairness and equality.
- Let me do things by myself – I need to try. And fail!
- Make sure I have at least 5 people who are crazy about me – I need lots of teachers.
- Don't try and do it all alone. Sometimes kids and adults need extra help – so know where to find it.

Language and cognitive development

# LEARNING



What does it mean? Mostly, academic skills.

- I'm interested in reading, writing and telling stories.
- I can recognize letters and numbers (at my age level).
- I can recognize shapes, sizes and colours.
- I easily remember things (probably better than you can!).

What do I need from you?

- Speak and read to me every day in the language that you know. Point out and name things in books and things around me.
- Give me quiet playtimes without interruptions.
- Get a lot of toys for my age – puzzles, animals, stacking toys, blocks, books, dolls and cars.
- Don't let me get too familiar with TVs and other digital devices. Here are some guidelines for "screen time":
  - No screen time if I'm under 2 years
  - Less than 1 hour per day if I'm 2-4 years
  - Less than 2 hours per day if I'm older

Communication skills and general knowledge

# EXPRESSING



## What does it mean?

- I can tell you what I need without whining or fussing.
- I can tell you factual or imaginative stories.
- I can say words clear enough for a stranger to understand me.
- I have a good age level understanding of my world.
- I can play in imaginary worlds and stories.

## What do I need from you?

- When I'm a baby, respond to my crying (it's the only way I know how to communicate!).
- Loop me into what's going on – talk to me about what you're doing, even if you think it's boring stuff.
- If I babble as a baby, talk back in any language.  
Show me this is how we communicate back and forth.
- If I'm trying to talk, give me lots of praise.
- Ask me questions that make me think (who? what? etc.).
- Learn things with me so I can sometimes teach you.

# It's a big job, but I think you're ready!

Okay, so here are some important things we need to get busy on:

- Book yearly health checkups with our doctor.
- Get me to the dentist by age one with periodic checkups based on my dentist's recommendations.
- Keep all my vaccinations up to date.
- Get my EYES checked:
  - 6–12 mos. (before my first birthday)
  - Another check when I'm 3
  - At age 5 before school begins
- Get my EARS checked when I'm a baby.
- Read to your child **every day** of the first 2000 days of life (and beyond!).
- Go to [healthyparentshealthychildren.ca](http://healthyparentshealthychildren.ca) for literally EVERYTHING you need to know from pregnancy onward. *(It might seem overwhelming but just focus on the stage you are currently at.)*



# Helpful links:

Stay engaged and active by using these links:

**calgary.ca** (click recreation) For swim and fitness classes.

**calgarylibrary.ca** Free books and online resources to explore.

**littlefreelibrary.org/ourmap** Where to get free books near you.

**calgaryreads.com** Learn all about childhood literacy

**calgaryschild.com** Great resource for activities and information.

**calgaryplaygroundreview.com** A review of Calgary playgrounds.

**albertafamilywellness.org** See the latest on brain science.

**parentsmatter.ca** Resources in different languages for parents.

**reachinginreachingout.com/resources-parents.htm** Promotes resiliency in adults and children.

**humanservices.alberta.ca/family-community/talk-box.html**

A parent's guide to language-rich environments.

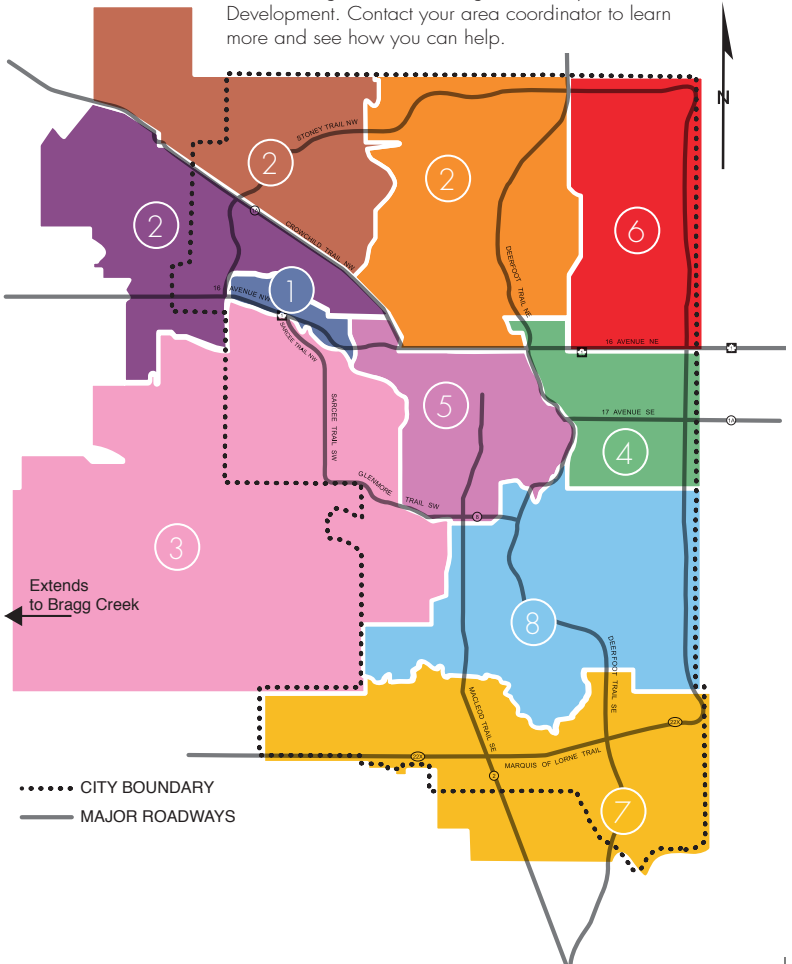
**activeforlife.com** Resources for parents and educators to support the development of physical literacy in children.

# What to watch for:

Talk to your doctor right away if you see any of these signs:

- 1) no big smiles, eye contact or warm engagement by six months
- 2) no back-and-forth babble
- 3) a regression of speech and/or skills.

The "on the ground" force for good in Early Childhood Development. Contact your area coordinator to learn more and see how you can help.



# Calgary Coalitions

## 1 **Calgary Bowness Montgomery ECD Coalition**

Bowness, Greenwood/  
Greenbriar, Montgomery

## 2 **Calgary Northwest, West and North Central ECD Coalition**

Banff Trail, Rosemont,  
Mount Pleasant, Winston  
Heights/Mountview,  
Charleswood, Brentwood,  
Charleswood, Highwood,  
Greenview, Thorncliffe,  
North Haven, Huntington  
Hills, Beddington Heights,  
Sandstone, Hidden Valley,  
Panorama Hills, Country Hills,  
Coventry Hills, Harvest Hills,  
Kincora, Evanston, Dalhousie,  
Edgemont, Ranchlands,  
Arbour Lake, Hawkwood,  
Citadel, Hamptons, Rocky  
Ridge, Royal Oak, Sherwood,  
Nolan Hill, Sage Hill,  
Tuscany, Scenic Acres,  
Valley Ridge, Crestmont,  
Silver Springs, Varsity

## 3 **Calgary Southwest ECD Coalition**

Cougar Ridge, West Springs,  
Springbank, Discovery Ridge,  
Aspen Woods, Coach Hill,  
Point McKay, Wildwood,  
Strathcona Park, Spruce Cliff,  
Shaganappi, Westgate,  
Glendale, Glenbrook,  
Killarney, Signal Hill,  
Glamorgan, Lincoln Park,  
Rutland Park, Lakeview,  
Eagle Ridge, Pump Hill,  
Braeside, Palliser, Bayview,  
Oakridge, Cedarbrae

## 4 **Calgary East ECD Coalition**

Crossroads (includes Belfast,  
Mayland Heights and Vista  
Heights), Marlborough,  
Marlborough Park, Albert  
Park/Radisson Park, Forest  
Heights, Forest Lawn,  
Penbrooke Meadows  
(includes Penbrooke Heritage  
Estates and Mountview),  
Applewood, Abbeydale  
(includes Chateau Estates),  
Southview, Dover, Erin Woods

**5** **Calgary Downtown  
ECD Coalition**

East of Crowchild  
South of 16th Ave,  
West of Deerfoot

**6** **Calgary North of  
McKnight ECD Coalition**

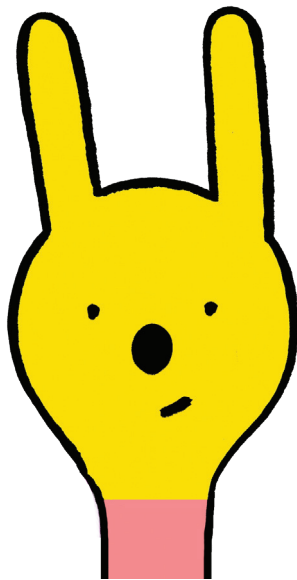
Sunridge, Rundle, Pineridge,  
Monterey Park, Temple,  
Whitehorn, Horizon,  
Falconridge, Castleridge,  
Coral Springs, Martindale,  
Taradale, Saddleridge,  
Cityscape, Skyview,  
Stonegate, Redstone

**7** **Calgary Deep South  
ECD Coalition**

Silverado, Evergreen,  
Bridlewood, Shawnessy,  
Somerset, Millrise,  
Midnapore, Sundance,  
Chaparral Lake, Chaparral  
Valley, Walden, Cranston,  
Auburn Bay, Mahogany,  
Copperfield, McKenzie Lake,  
McKenzie Towne, Legacy

**8** **Calgary South Central  
ECD Coalition**

Acadia, Canyon Meadows,  
Deer Run, Deer Ridge,  
Diamond Cove, Fairview,  
Kingsland, Foothills Industrial  
Park, Lake Bonavista, Ogden,  
Parkland, Maple Ridge,  
Queensland, Riverbend,  
Willow Park, Woodbine,  
Woodlands, Southwood,  
Quarry Park, East sheppard,  
Lynwood, Douglas Glen,  
Douglasdale, Bonavista  
Downs



# Contact Information

For the most up to date information on your local coalition please visit [www.ecdcoalitions.org](http://www.ecdcoalitions.org)

**1** **Calgary Bowness Montgomery ECD Coalition**  
calgarybowmont1@fcssaa.org

**2** **Calgary Northwest, West and North Central ECD Coalition**  
calgarywest1@fcssaa.org

**3** **Calgary Southwest ECD Coalition**  
calgarysw1@fcssaa.org

**4** **Calgary East ECD Coalition**  
calgaryeast2@fcssaa.org

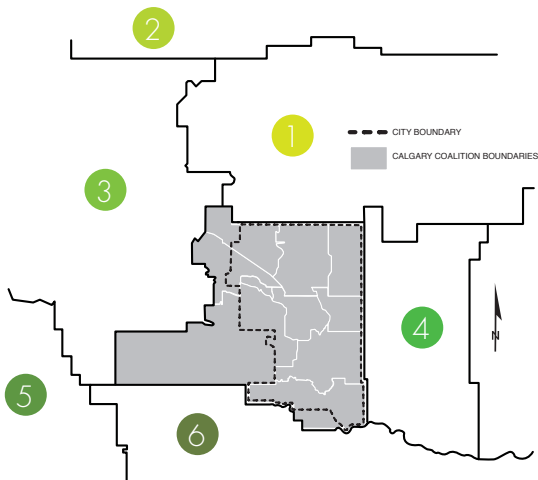
**5** **Calgary Downtown ECD Coalition**  
calgarydowntown1@fcssaa.org

**6** **Calgary North of McKnight ECD Coalition**  
calgarymcknight1@fcssaa.org

**7** **Calgary Deep South ECD Coalition**  
calgarydeepsouth1@fcssaa.org

**8** **Calgary South Central ECD Coalition**  
calgarysc1@fcssaa.org

# Local Area Coalitions



1 North Rocky View  
Pathways to Success  
ECD Coalition

2 Mt. View County  
ECD Coalition

3 Cochrane ECD Coalition

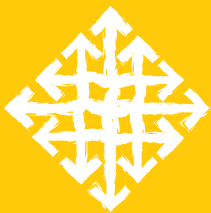
4 Formative 5 –  
Chestermere Southeast  
Rocky View ECD Coalition

5 Bow Valley ECD Coalition

6 Foothills Children's  
Wellness Network

"If I had influence with the good fairy who is supposed to preside over all children, I should ask that her gift to each child in the world be a sense of wonder so indestructible that it would last throughout life."

*– Rachel Carson*



first 2000 days

Early Childhood Development Network

[ecdcoalitions.org](http://ecdcoalitions.org)

[2000days.ca](http://2000days.ca)



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[facebook.com/2000days](https://facebook.com/2000days)