



idaeyc

Idaho Association for the
Education of Young Children

You've got this!



7

RESOURCES
FOR
PARENTING

01

You are your child's first and most important teacher!

Children are born READY! to learn. They naturally love to explore the world around them. The READY! for Kindergarten program empowers parents and caregivers to succeed as their child's first and most important teachers. When parents learn to play with a purpose, they create joy and excitement for learning that lasts a lifetime.

READY! for Kindergarten **workshops** are free to parents and caregivers. These workshops are about helping families support their children ages 0 through 5 learn and grow.



DID YOU KNOW?

90% of brain growth happens by age 6!



Scan here to learn more about READY! workshops

02

Do you ever think about how your children are growing? Lots of parents do! You can use easy tools to watch how your child grows to ensure they stay on track!

You have everything you need to help your child learn and grow! Notice your child's progress. See how they play, learn, talk, act, and move - we call these things "**developmental milestones,**" and there are simple tools to help you know that your child is on track. Children grow and develop at their own pace, so it is hard to know exactly when your child will learn a new skill. However, the developmental milestones can give you an idea of the changes to expect as your child grows! If you are ever worried about your child's growth, it's a great idea to ask your pediatrician and take action early.



DID YOU KNOW?

Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are all developmental milestones.



Scan here to learn more about
developmental milestones



03

You can provide food options that help your child grow strong and healthy!

Keeping your child healthy means balancing what they eat, movement, and positive play! The food your child eats fuels their body. A variety of foods gives them the vitamins and minerals they need to make their body strong and help their brain grow. There are many resources that offer **recipe ideas and snack options** to help you make the best decisions for your family.



DID YOU KNOW?

Meal and snack times can teach sharing and socializing skills. Small children have small stomachs and get full quickly, so they need child-sized servings for meals and snacks!



Scan here for nutrition
& recipe ideas

04

Reading together builds strong families!

When we read stories to our children, we do one of the most important things to help them prepare for future learning. Reading, talking, and singing with our child helps create a foundation for future reading and understanding; this is called **"early literacy,"** which supports a lifetime of learning. Idaho AEYC has many resources that families can use to support early literacy with their children!



DID YOU KNOW?

Reading with your children from an early age helps their brains understand language and supports their ability to talk!



Scan here for early
literacy resources

05

You have what your family needs to be STRONG!

The Strengthening Families Framework™ helps families become and stay strong, healthy, and happy through these five important factors:

- 1. Parental Resilience:** This means parents can bounce back from tough times – stronger and – healthier than ever.
- 2. Social Connections:** Parents and children have friends and people who care about them.
- 3. Knowledge of Parenting and Child Development:** Parents know how to care for their children and help them grow.
- 4. Concrete Support in Times of Need:** When families need help, they can get it.
- 5. Social and Emotional Competence of Children:** Children know how to handle their feelings and get along with others.

Idaho AEYC can help you learn more about the Strengthening Families Framework™ and how this resource can support you as a parent. We do this for free! When families work to be strong, children do better in life.



DID YOU KNOW?

The five key protective factors keep families strong and resilient, which reduces the risk of child abuse and leads to better outcomes for children.



Scan here for more
information about the
Protective Factors

06

Children need adults who care about them!

When selecting a **child care program**, find one with adults who really care about your child. Look for places where your child can learn, grow, and play that also works well for your family's needs. IdahoSTARS can assist you in finding the perfect child care provider for your family.



DID YOU KNOW?

Over 12 million children ages 0 through 5 are in some form of child care in the United States.



Scan here to learn more
about Idaho child care

07

You are your child's #1 champion!

Parent and community engagement means standing up for the resources you deserve so your family can thrive; it means telling your story, asking questions, talking with your neighbors, and getting involved with people who make decisions for your community. You are key to the services that support children and families, and you can be a **champion** for positive change.



DID YOU KNOW?

You know your child best. As their parent, you can make smart decisions that support the health and well-being of your family.



Scan here for more
information about Idaho
AEYC's Ready Idaho
Coalition

Idaho AEYC maintains the vision that all
children thrive wherever they grow and learn.

The mission of Idaho AEYC is to advance Idaho's early
learning profession and advocate for children, families,
and those who work on behalf of young children.



This publication was made possible by federal grant #90TP0091-01-00, the Idaho Association for the Education of Young Children, and Idaho State University. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the United States Department of Health and Human Services, Administration for Children and Families.