

# Early Childhood Health & Development FACT Sheet

## What does it mean to be School Ready?

## SCHOOL *Readiness* PROJECT



### Health

- Primary Care Physician
- Regular Check-ups with PCP and Dentist
- Current Shots (Immunizations)
- Healthy Lifestyle Habits
  - Physical, Emotional, Cognitive, Spiritual
- Medical Home - A Team that supports all the aspects of your child's health and well-being!

### School Readiness

- Support your child's interests
- Fill your home with books and other language materials
- Make time for your child to play and learn with you
- Have conversations with your child
- Give your child responsibilities and decision-making opportunities
- Complete the ASQ/ASQ-SE
- Share what it means to be part of a family

### Development

Development is the process of learning and mastering skills during specific time periods. These guidelines or markers are called milestones. Development is assessed these areas:

- **Gross Motor** - large muscle movement, walking, jumping, balancing, etc.
- **Fine Motor**- small muscle movement, writing, grasping small objects, fastening clothing.
- **Communication** - verbal, non-verbal, expressive and receptive skills.
- **Problem-Solving** - Cause and effect, learn by imitation, trial and error
- **Personal-Social** - self-awareness, self-regulation and emotional development. These skills include the ability to pay attention, make transitions from one activity to another and cooperate with others.
- **Social-Emotional** - self-confidence, managing feelings, handling disappointment, empathy toward others, positive relationships, independence.

