

# CES Early Childhood

## FREE SERVICES:

### For Parents and Families

#### CONNECT, PLAY, LEARN

Family centers and playgroups  
Early literacy parent-child workshops  
'Puzzle of Parenting' workshops for parents  
StoryWalks®

#### HOME VISITS

'Welcome Baby' visits  
Parent-Child Home Program (PCHP)

#### CHILD DEVELOPMENT AND CARE

Parent-completed 'Help Me Grow' screening  
Getting ready for kindergarten  
Information and referrals

### For Early Educators

#### RESOURCES

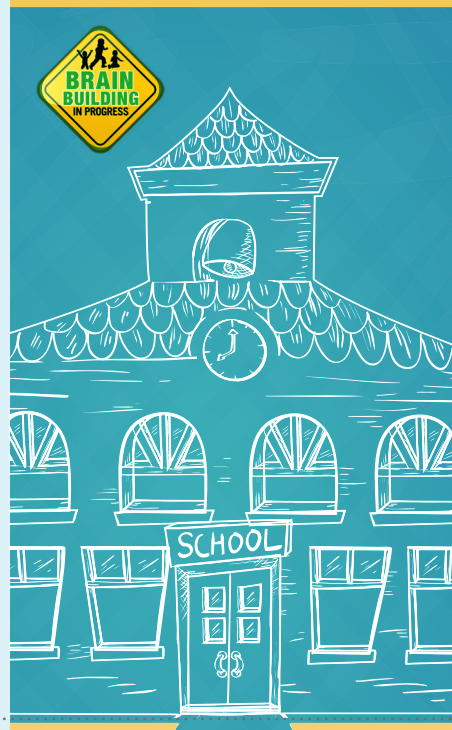
Information and referrals for:  
Professional development  
Services for families

### Free services, resources, and activities for young children, their parents, and educators in:

Amherst	Hatfield	Ware
Belchertown	Monson	Warren
Chesterfield	Palmer	West Brookfield
Easthampton	Pelham	Westhampton
Goshen	South Hadley	Williamsburg
Granby	Southampton	



Coordinated Family and Community Engagement (CFCE) funding from the Massachusetts Department of Early Education and Care provides parents, early educators and community leaders with information and resources to help build a strong foundation for our youngest learners.



Collaborative for Educational Services

# Let's Get Ready for Kindergarten

## A Summer Calendar of Activities for Families to Do Together



**collaborative.org** / early-childhood

*Everyone is a learner*

Collaborative for Educational Services (CES)  
Early Childhood Programs  
97 Hawley Street, Northampton, MA 01060  
Phone: 413.586.4900—Option 3  
Email: [earlychildhood@collaborative.org](mailto:earlychildhood@collaborative.org)

[www.facebook.com/collaborative.earlychildhood](https://www.facebook.com/collaborative.earlychildhood)





# June



**TIP**

Nursery rhymes help children hear the smaller sounds that make up words. This is important for learning to read.



**TIP**




Bouncing a ball develops finger muscles, eye-hand coordination, body control and visual tracking skills.



**TIP**

Developing number sense helps lay the foundation for learning math.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ask your child to say words that begin with the first letter of her name.		Play freeze dance to develop self regulation.		At the grocery store, ask your child to find a fruit or vegetable that's round.	Read a book together and have a conversation about what you liked about it.
Teach your child a nursery rhyme. 		Cut a postcard or magazine photo into jigsaw puzzle shapes. Ask your child to fit the pieces back together.		Make a picnic lunch with your child and eat it outside.		Have your child help fold clothes and count how many things he folded.
	Ask your child to tell you a story. Write it down and read it back to her.		Make play dough together.		Share a wordless picture book. Ask your child to tell you a story based on what he sees.	Encourage your child to practice bouncing a ball with you. 
Ask your child what might happen if it rains today.		Make a "paper chain" using three colors.		Follow a new recipe together and encourage your child to try the food.		Take a walk outside, and listen very closely. Count how many sounds you can hear.
	Together, count groups of 10 using cereal like Cheerios.™ 		Play one of your favorite songs and dance together!		Ask your child to say words that rhyme with "cake."	



# July



**TIP**

Games like “Simon Says” support focus, attention and memory skills.



**TIP**




Helping children notice that letters represent sounds will help them learn to read.



**TIP**

An understanding of patterns allows children to make predictions about what will come next.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Encourage your child to draw a picture using red, white and blue.	Ask your child to say words that rhyme with “pig.”		Play with water together, inside or out!		Go outside and play “Simon Says” with your child. 
Have your child use shoes to measure a room. How many shoes across is it?		Have a play date at the school playground.	Take a walk and see how many different textures you can find (slimy, slippery, smooth).		Ask your child to name things that begin with the sound of the letter “B.” 	Take a walk with your child and count the birds you see.
	Sort a handful of coins together.	Have your child say words that rhyme with “me.”	Create a list of three simple tasks for your child to complete today.	Encourage your child to draw a picture of your family.		Visit a local library together.
Visit a playground and climb together.		Have your child count pennies. How many are there?		Read a book together and have a conversation about what you liked or didn’t like.	Have your child name things that begin with the sound of the letter “D.” 	Act out a familiar story together using simple props that you make or find.
	Go outside with your child and practice a step-step-jump pattern. 	Talk about your family. How many boys are there? Girls? Who’s the oldest?		Ask your child to count the number of steps from her bed to the bathroom.		Help your child identify opposites such as in-out and up-down.

# August






**TIP**  
Exploring unfamiliar foods develops observation skills, curiosity and sensory awareness. And when your child sees different fruits and vegetables in the kitchen, she might want to try them!



**TIP**  
Learning to identify and express emotion in a healthy way helps lay the foundation for future success and well-being. Talk about positive (and not-so-positive) ways of expressing emotions.



**TIP**  
Practicing a skill like opening a lunch bag without help will help ease the transition to the busy school lunch time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have your child help set the table.		Together, look for things that begin with "P." Point out the letter "P" in print.		Put a note to your child on her pillow telling her how much you love her. Read it to her when she finds it.	Pretend it's the first day of school. Practice ways to say goodbye to each other.	
	Ask your child to say words that rhyme with "can."	Participate in a playground meet-up.	Explore an unfamiliar fruit or vegetable together and talk about its smell, feel, taste. 		Ask your child to name letters found on cereal boxes, cans, etc.	Practice skipping, galloping, and marching with your child.
When preparing a snack, cut a fruit in half. Show your child that two halves make a whole.		Ask your child to count the spoons and forks in the silverware drawer.		Visit a local library.	Practice bouncing a ball with your child. Count the number of bounces.	Talk with your child about his feelings as the start of the school year nears. 
Have your child practice opening and closing her lunch bag and food containers. 			Add with your child. Say, "I have 1 cracker and you have 2 crackers. That makes 3 crackers."	Help your child begin to organize what he will need for the first day of school.		Take time to play with your child in her new school playground.
Read a book about going to school. Move your finger under the words as you say them.		Give your child simple tasks that involve sorting or matching (socks, toys, or buttons).			Have your child tell you about his favorite part of the day.	Play a card or board game that involves taking turns.