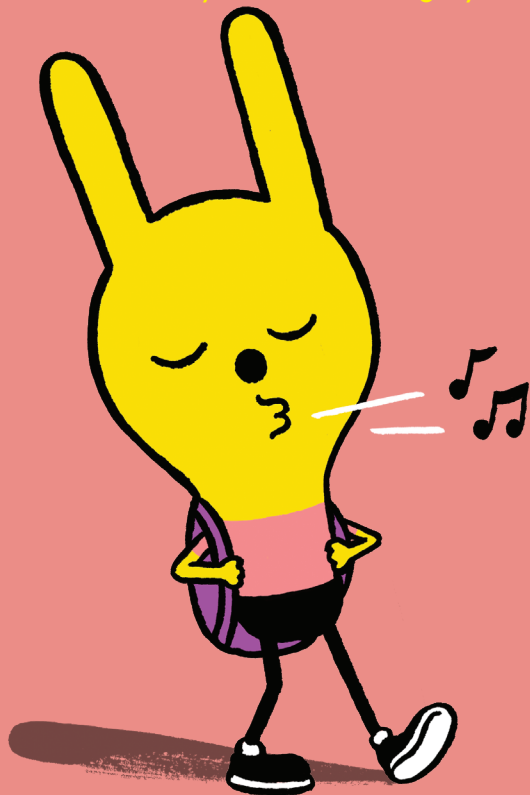


# Look at Me! I am 3!

How to make sure every child is thriving by five.



# Hello everyone!

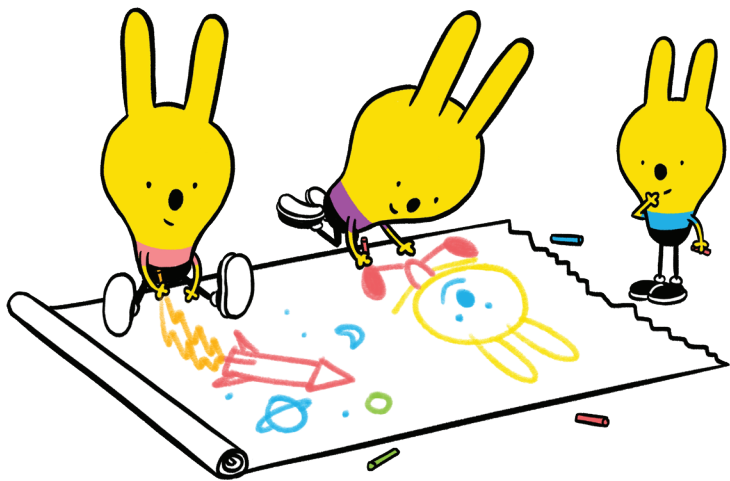
## My name is Tukay...

I'm about 2000 days old — that's why I'm called 2K... get it? For the first few years of my life I was a part of the First 2000 Days Network and the Calgary & Surrounding Communities Early Childhood Development Coalitions. They spent so many hours and so much energy working together to help spread the word about how important the early years of our lives are, and now I hang out with my friends at Calgary Reads so we can do the same!



Everything we do is to make sure that children just like me are READY for kindergarten and the first few years of school, the ones that create the foundation for all the learning that comes after.

We've found out how to build brains from other adults who are working hard on this issue, and we know that the best way to do that is to focus on the "five developmental domains" everyone keeps talking about (I just call them 'Doing', 'Playing', 'Feeling', 'Learning' and 'Expressing'). We know it's important that I feel loved, safe, strong, capable, fit, smart, secure and confident. So if you want to learn how to make sure YOUR kids feel that way too, READ ON!



I am excited about kindergarten!  
It may be a couple of years away,  
but 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, create 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.

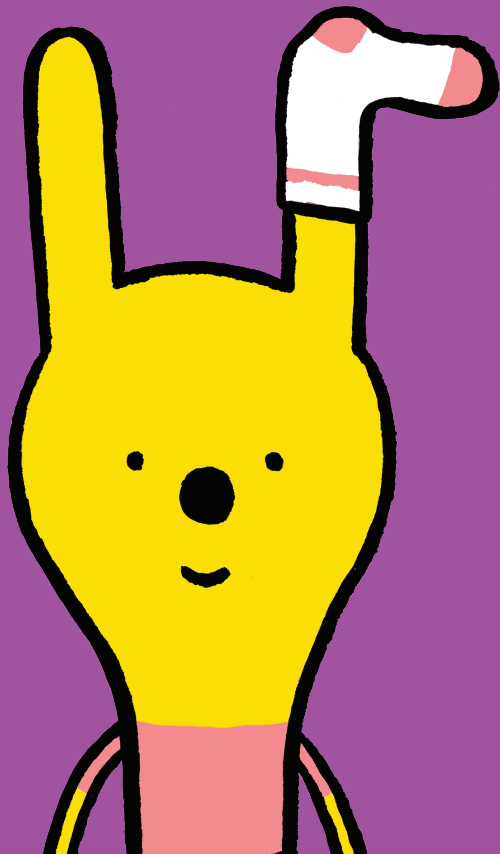
# This is your manual.

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 three years old, I should be able to do everything (and probably more) on the following pages.

Physical health and well-being

# DOING





I am 3 and now I can:

- Run, roll, climb, and ride a tricycle.
- Walk forwards, backwards, sideways.
- Touch my toes without bending my knees.
- Hold and snip with scissors, just one single snip.
- Thread using a shoelace.

Let's start:

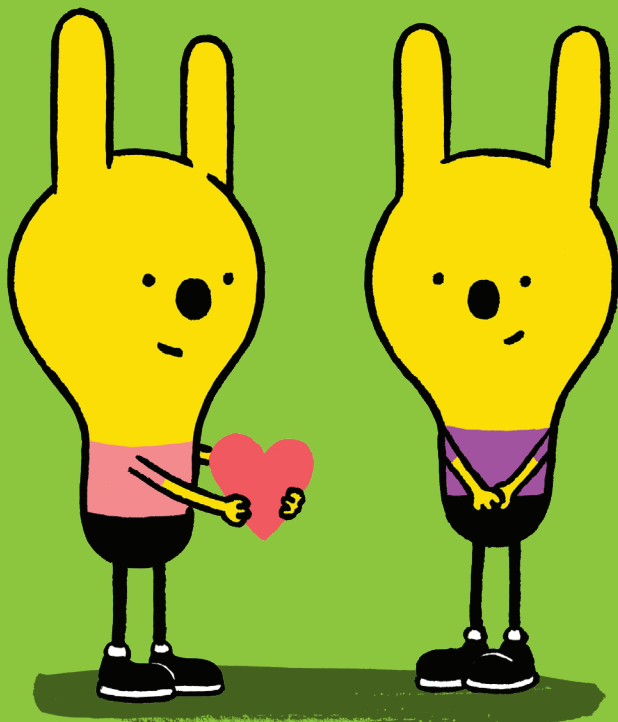
- Catching and throwing balls.
- Imitating body posture. Let's make it a game!
- Balancing activities. More games please!
- Cutting shapes and imitating drawings of simple shapes and people. Can this be a game too?

Follow my lead!

- Let me explore reading, grasping, beading, drawing, and cutting activities that interest ME!
- Show me nature. Give me safe places to explore.
- Make sure I get at least 2 hours of exercise every day! Let me go wild!

Social competence

# PLAYING



I am me! I can do it myself!

- I play alone and alongside others.
- I express my likes and dislikes.
- I recognize other people's feelings.
- I am starting to understand sharing.
- I have simple skills – like holding hands.

Let's start:

- Finding words for my feelings.
- Being a helper.
- Playing with friends.
- Using manners.

You are my best friend!

- So let's play games with simple rules. Let me practise losing and being sad about it.
- Ask me what I think about things. Let me make choices.
- Show me how to be caring of others. I already notice we are all different.
- Name my emotions for me. Even the negative ones!
- Let me feel sad, disappointed, frustrated. My tears help me grow.

Emotional maturity

# FEELING



I am just 3 years old!

- I only feel one emotion at a time.
- My feelings are an expression of my needs.
- Imaginary things feel real.
- I am comfortable away from home with you by my side.

Let's work on:

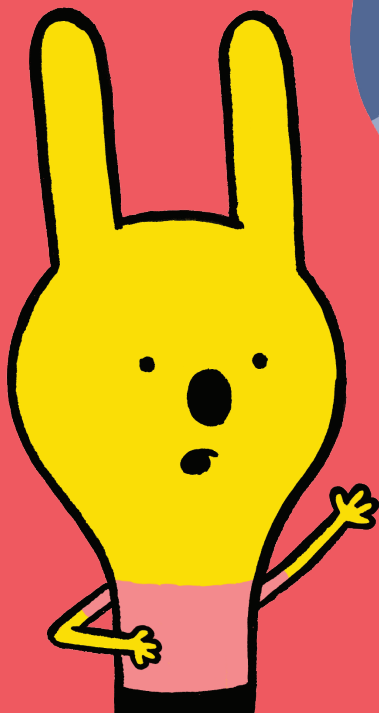
- Learning that my own feelings are real feelings.
- Using words to express my feelings.

You can help!

- Make eye contact and smile at me.
- I need at least 5 people who are crazy about me!
- Encourage me to use words for feelings. Let me use my imagination to tell you how I feel.
- Let me know when/if my routines are changing.
- Let me do things myself. I need to try...and sometimes fail!

Language and cognitive development

# LEARNING



I am 3! I speak in sentences and ask questions.  
Lots of questions!

- I'm interested in your stories and telling my own stories.
- I can recognize shapes, colours, and sizes.
- I easily remember things that interest me. Let me show you!

Let's start:

- Understanding rules in games.
- Reciting and chanting rhymes, jingles, and songs.
- Following simple 3 step instructions.
- Learning first and last; empty and full; in front and behind; yesterday, today, and tomorrow.

How do we do it?

- Let me choose the book we read.
- Tell me a story about my life.
- Ask for my point of view. Listen carefully.
- Make an all-about-me book. Include my likes and dislikes.

Communication skills and general knowledge

# EXPRESSING





I am 3.

- I can tell you what I need with words.
- I can say words clearly enough for a stranger to understand me. Although some sounds are still tricky: 'r', 'ch', 'sh', 'th' and 's'.
- I can play in imaginary worlds alongside others. We might not play together.

Let's start:

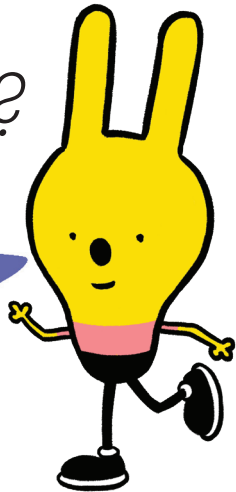
- Finding time to play with other children.
- Recognizing the feelings of friends, family members, and pets.
- Saying 'hello' and 'goodbye'.
- Practising our manners.

Please:

- Tell me what's going on – talk to me about what you're doing. Even if you think it's boring stuff.
- Give me choices.
- Ask me questions that make me think.
- Learn things with me. Sometimes I can teach you.

*Did you know?*

The number of words I've heard, and the number of books I own and have read, are two of the **BIGGEST** predictors of my school and life success? Sharing and reading books with me is one of the greatest single activities you can do to boost my school and life skills!



READING strengthens skills  
in **all five** of the  
developmental domains!

## **DOING**

exploring books helps develop my hand-eye coordination, eye strength, manual dexterity and fine motor skills!

## **PLAYING**

spending time reading with someone who cares about me helps me bond socially and learn about what safe, caring relationships feel like!

## **FEELING**

reading for just 6 minutes a day can reduce my (and YOUR) stress by 68 percent! Imagine what will happen if I get my full 20 minutes a day? It also helps me strengthen my patience, self-regulation, and attention skills!

## **LEARNING**

if you read just one book a day with me, that makes 1823 books by my 5th birthday! That's a lot of learning, and will help me make a reading habit that lasts for the rest of my life!

## **EXPRESSING**

from vocabulary to comprehension, reading is the ability that helps me unlock every other subject. I can discover 4000-12,000 words per year through reading! And people who read a lot are more likely to be in the top 2% of achievement throughout their lives!

# READING MILESTONES

<b>WHAT TO READ</b>	Picture books with stories; books that rhyme and other books I can predict; the same books over and over because I love them; look-and-find books
<b>WHAT IT LOOKS LIKE</b>	I try about 20 new words each week; I don't seem to tire of the same books; I am beginning to understand rhyming; I can identify familiar things; I remember how familiar stories and sentences end
<b>WHAT YOU CAN DO</b>	Ask questions that are easy to answer, like "where's the cat?"; continue using books as part of daily routines; talk about the pictures and the story; encourage me to choose my own books
<b>WHAT WE'RE PRACTICING</b>	Expressing wants; showing awareness of my own and other's feelings; managing rapid mood shifts; learning about fears (like of the dark); beginning to show empathy, especially for other children; liking routines; beginning to separate more easily from adults; learning about emotions

**READ, SING, TALK, PLAY, & LOVE EVERY DAY!**

# Owning books matters. A lot.

Here's where to get some for little to no cost:

- Calgary Reads
- The Little Red Reading House
- Your Local Library
- Little Free Libraries in your community
- Book Banks
- Goodwill and Secondhand Stores
- Book Sales
- Book Swaps with friends



want to learn more about  
the power of reading  
with your little one?

visit **[weeread.ca](http://weeread.ca)**

# Wait!

## What is serve & return?!

Imagine our brains are playing a game of tennis – every time I "serve" you an interaction, I'm expecting you to "return" it to me with one of your own! I talk, then you talk! You sing, then I copy! You play peek-a-boo, then I laugh! Back and forth, back and forth, building my brain every time it happens!



# 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:

**activeforlife.com** – resources for parents and educators to support the development of physical health and wellbeing in children

**alberta.ca** – resources for families including supports and early childhood services

**albertafamilywellness.org** – the latest on brain science and early brain development

**calgary.ca** – for family spaces, events and activities

**calgaryschild.com** – great resource for activities and information

**calgarylibrary.ca** – free books and online resources to explore

**calgaryreads.com** – resources and information about literacy

**littlefreelibrary.org/ourmap** – where to visit little free libraries near you

**littleredreading.house** – based on the simple idea that if you create a comfortable, fun space for children to read, they will. Learn tips to do this yourself!

**parentsmatter.ca** – resources in different languages for parents

**reachinginreachingout.com** – promotes resiliency in adults and children

**vroom.org** – a free app with daily tips for families with children ages 0-5



# 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.

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“There are two gifts we give our children; one is roots, the other, wings.”

– *Von Goethe*

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# Notes

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# Notes

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This book was made possible thanks to the knowledge sharing of the following communities:



first**2000**days  
Early Childhood Development Network



Download a copy of this booklet:  
[calgaryreads.com/tukay](http://calgaryreads.com/tukay)

We acknowledge that we live, learn, work and play on land traditionally known as Moh'kins'tsis, on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.