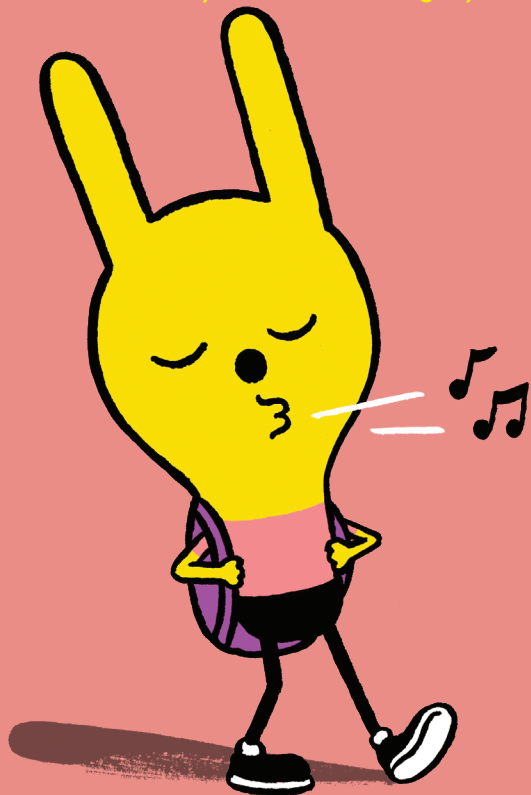
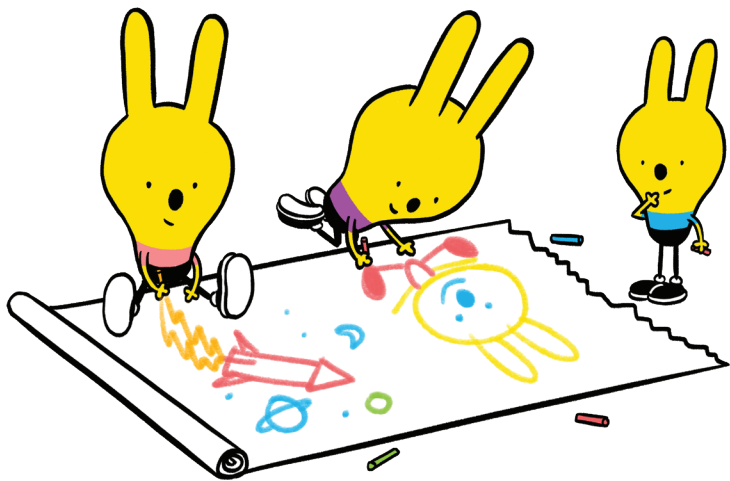


Look at Me! I am 3!

How to make sure every child is thriving by five.





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.

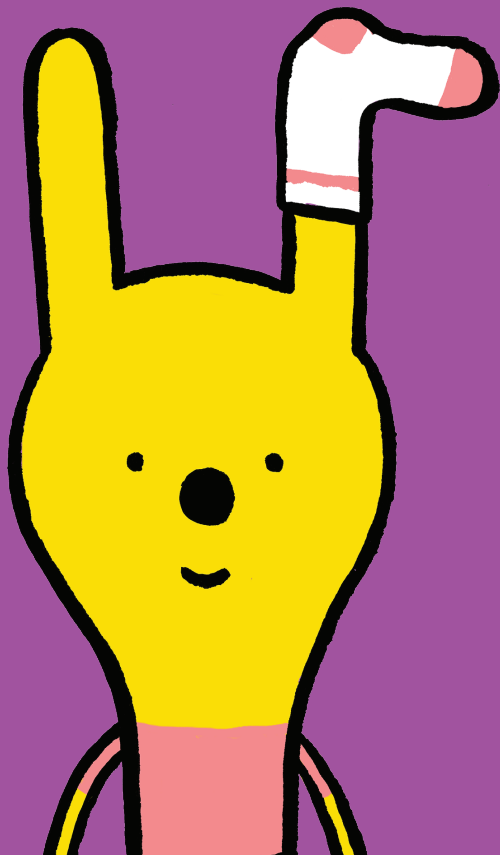
This is your manual.

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:

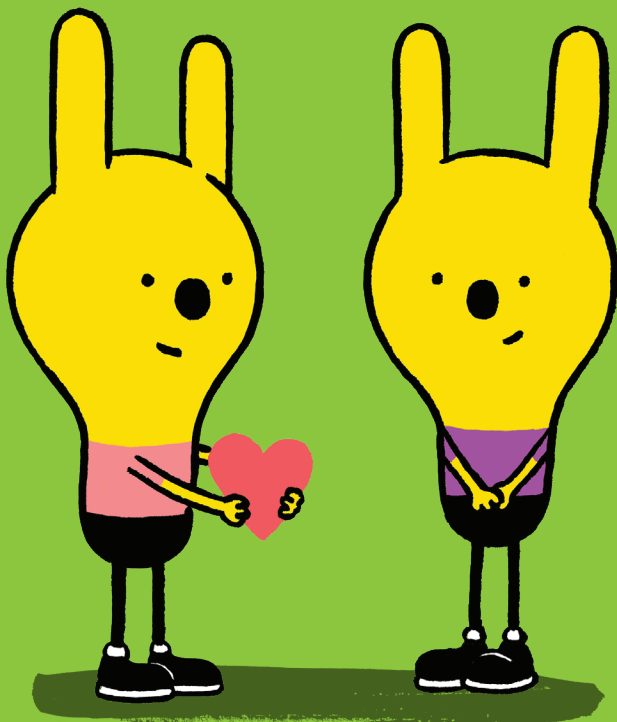
- Catching and throwing balls.
- Imitating body posture. Let's make it a game!
- Balancing activities. More games please!
- Cutting shapes and imitating drawings of simple shapes and people. Can this be a game too?

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:

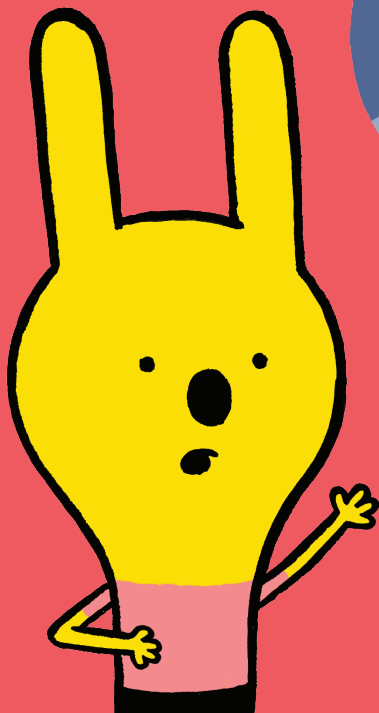
- Learning that my own feelings are real feelings.
- Using words to express my feelings.

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.

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 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.

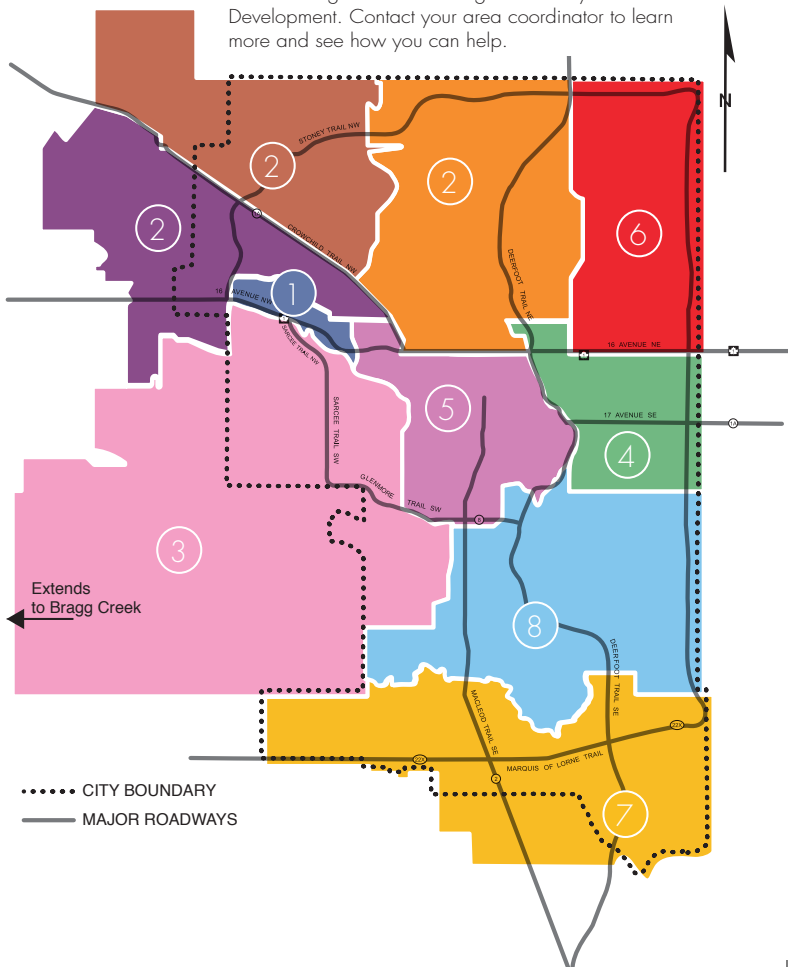
activeforlife.com Resources for parents and educators to support the development of physical literacy in children.

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**

Mayland, Meridian, Franklin,
Forest Heights, Marlborough
Park, Applewood Park,
Red Carpet, Albert Park/
Radisson Heights, Penbrooke
Meadows, Forest Lawn, Erin
Woods, Dover, Valleyfield,
East Field

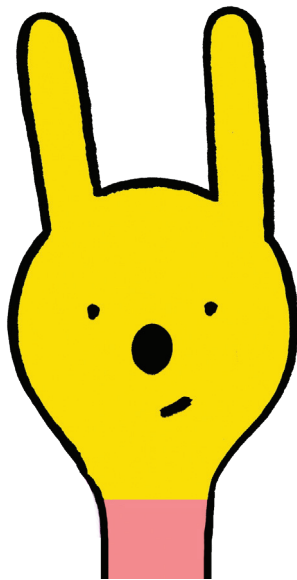
5 **Calgary Downtown ECD Coalition**

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

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

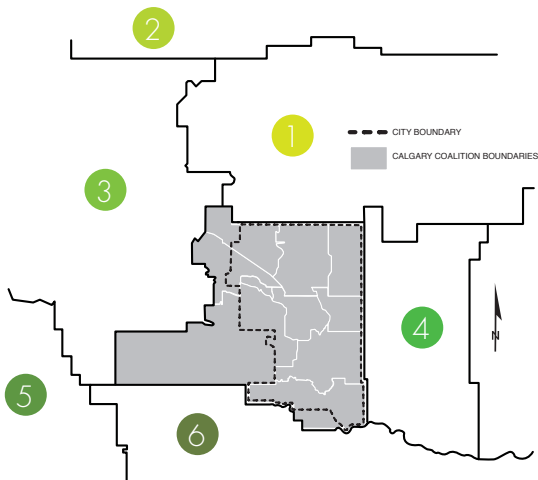
5 **Calgary Downtown ECD Coalition**
calgarydowntown1@fcssaa.org

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

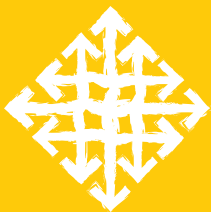
4 Formative 5 –
Chestermere Southeast
Rocky View ECD Coalition

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

2000days.ca



[@First2000days](https://twitter.com/First2000days)



facebook.com/2000days