



All Means All: Every Child Every Day

Pests = Toxic Stress... Beware: they will eat away at the roots!

Toxic Stress = abuse, neglect, caregiver mental illness or substance abuse, exposure to violence, and/or family economic hardship (without adequate adult support).

The Board of Education does not discriminate on the basis of any characteristic protected under State or Federal law including, but not limited to, sex; race; religion; national origin; ancestry; color; creed; pregnancy; marital status; parental status; sexual orientation; or physical, mental, emotional, or learning disability in its programs or activities.



EARLY CHILDHOOD RESOURCE GUIDE FOR ALL SUPERIOR FAMILIES



This Booklet is provided by the School District of Superior
All Means All; Every Student, Every Day.

Typical Developmental Milestones

Birth to 4 months

- Smiles at people & Copies some facial expressions
- Cries in different ways to express wants & needs
- Responds to affection
- Reaches for toys
- Follows moving things (side to side)
- Holds head steady
- Pushes down on legs when feet are on hard surface
- Brings hands to mouth



5 months to 9 months

- Has a favorite toy
- Understands “no”
- Points with finger
- Copies gestures & sounds
- Picks up cereal O’s between thumb & index finger
- Sits without support
- Crawls
- Stands with support



Early Childhood Resources & Contacts for families in Superior

The Douglas County Birth to Three Early Intervention Program offers **FREE** developmental screening and evaluation for anyone concerned about their child’s growth and development. They will also provide service coordination for children who meet eligibility until 3 years of age; at which time they will work with you to transition your child to the school district.

Douglas County Birth to Three Program

Phone: 715-395-1616 (information)

Phone: 715-395-1304 (referral)

Email: Teresa.kerr@douglascountywi.org

Online: www.douglascountywi.org/276/Birth-to-Three

Family Forum Head Start provides a strong support network for low-income families of preschool children. Head Start provides preschool children and their families with activities that help them grow cognitively, socially, emotionally and physically. Head Start has programs available to support children and families from Birth until they enter Kindergarten.

Family Forum Head Start (main office)

Phone: 715-392-9896

Online: <http://familyforum.org/contact/>

Early Childhood Resources & Contacts for families in Superior

The School District offers **Early Childhood Developmental Screening** opportunities throughout the school year. We evaluate students in all developmental domains: Cognitive, Social & Emotional, Fine Motor, Large Motor, Speech & Language. If you have concerns about your child's development; please contact us to find out how to have your child evaluated.

The Superior Community Preschool 4K Program is a FREE preschool program for children who are 4 by September 1st. It is designed to be a program for the year before children enter Kindergarten. 4K is taught by a DPI licensed early childhood teachers. All teachers adhere to the same standards and teach the same curriculum. 4K is available at every elementary building and various community locations. We begin enrollment in February for the following school year. To enroll visit our website at www.superior.k12.wi.us and click on the Star Icon.



If you have any other questions about how we can help you and your children ages Birth—5 years old; please contact us.

Director of Early Childhood & Family Education

Jennifer Willoughby

Phone: 715-394-8790 ext. 51501

Email: Jennifer.willoughby@superior.k12.wi.us

Online: www.superior.k12.wi.us

Activities I can do with my child...

Birth to 4 months

- Talk softly to your baby when feeding, changing or holding them
- Read simple books to your baby. It's never too early to start!
- Sing lullabies to your baby & play pat-a-cake
- Have a conversation with your baby by cooing & gurgling
- Enjoy tummy time with your baby—both of you lay on the floor on your tummies...gradually make it longer
- Dance to music with your baby while holding them securely
- Go on nature walks and talk about everything you see
- Gently tickle toes while saying "This Little Piggy Went to Market"

5 months to 9 months

- Let your baby play with measuring cups & spoons
- Fill an empty tissue box with strips of paper & let baby pull them out (never use plastic bags or wrap)
- Place your baby on your knee facing you. Bounce to rhythm.
- Place baby facing you and make facial expressions—he/she will copy you—then you copy what the baby does.
- Play peek-a-boo with hands or a cloth.
- Enjoy tummy time and add some toys just out of reach and encourage him/her to reach for them.
- Let your baby see him/her self in a mirror
- Builds tower of 4 or more blocks
- Follows 2 step directions

Typical Developmental Milestones

10 months to 18 months

- Shows affection to familiar people
- Points to indicate wants/needs
- Says several words; Says “no” & shakes head
- Points to one body part
- Scribbles
- Walks alone
- Drinks from a cup / eats with a spoon / can help undress self



19 months to 24 months

- Will play beside other children
- Copies adults & older children
- Shows some independence
- Uses 2-4 word sentences
- Knows names of familiar people & body parts
- Begins to sort shapes & colors
- Builds tower of 4 or more blocks
- Follows 2 step directions
- Names items in picture book such as cat, dog, bird, etc.



Early Childhood Resources & Contacts for families in Superior

The School District of Superior offers many ways in which we can help support you and your children as they grow. The Director of Early Childhood & Family Education works directly with:

- The Family Resource Center
- Early Childhood Developmental Screening
- Early Childhood Special Education
- The Superior Community Preschool 4K Program

The Superior Family Resource Center offers many great FREE opportunities & programs for families and kids:

- Parent & child education classes
- Workshops & training seminars
- Special family activities & events
- Individualized parenting support
- Information on child development & best practice



Superior Family Resource Center

Contact: Erin Gray, secretary

erin.gray@superior.k12.wi.us

Phone: 715-394-8790 ext. 51503

Email: familyresourcecenter@superior.k12.wi.us

Facebook: <https://www.facebook.com/SuperiorFRC/>

Activities I can do with my child...

2 years to 3 years

- When reading familiar stories, leave out parts they would know and have them tell you that part. Brown Bear, Brown Bear...
- Teach them how to do somersaults—you do one first and then have them try.
- While having snack—share—one for me; one for you...then count.
- Encourage your child to do the Bear Walk or Elephant Walk
- Help your child learn new words by describing objects in everyday conversations. Describe by color, shape, size...
- Add water to paint to make it runny...give your child a straw and have them blow the paint around on paper.

4 years to 5 years

- Play the Who, What Where game... ask your child who works in a school, what do you find in a school & where is the school...repeat for other locations.
- Play bucket hoops—have your child stand about 6 feet away and have them throw a ball into a bucket.
- Have your child set the table for dinner.
- Encourage your child to write their name—you can write it too as a model.
- Play a guessing game—cover a picture in a familiar book and uncover a little at a time until your child has guessed the book.
- Use playdough or clay and have your child make a person...add buttons, sticks, toothpicks, beads etc. to decorate.

Activities I can do with my child...

10 months to 18 months

- Play games (pat-a-cake, this little piggy, etc.)
- Encourage your baby to eat small cut up finger foods (bananas, soft crackers, berries, etc.)
- Encourage your baby to help during daily routines by getting their cup, spoon, shoes, coat, etc.
- Enjoy art time with your baby...scribble on large paper, paint with water, etc.
- Clap & dance to music with your baby
- Roll a ball back and forth while sitting
- Name objects that the baby points to when he/she wants something.

19 months to 24 months

- Sing 'Head Shoulders Knees & Toes' song to learn body parts & enjoy movement.
- Take trips to the park and play with other children while climbing, swinging, running, etc.
- Provide clothes for your child to play 'dress up' in—this helps them have extra practice in getting self dressed
- Play 'show me' game when looking at books. Ask them to show you various objects within the pictures.
- Put small containers, spoons, measuring cups, funnels, a bucket, shovels & colander in a sandbox.
- Sing rhymes & songs with action 'Itsy-Bitsy Spider', 'I'm a little Teapot', 'Where is Thumbkin?'
- Look at pictures of your child and tell them stories about what was happening in the pictures.

Typical Developmental Milestones

2 years to 3 years

- Takes turns in games
- Dresses & undresses self
- Separates easily from mom & dad
- Can be understood by new people
- Plays make believe with dolls, animals and/or people.



Typical Developmental Milestones

4 years to 5 years

- Wants to be like and please friends
- Most often agrees with rules
- Likes to sing, dance & act
- Can tell what's real and make believe
- Shows independence
- Speaks very clearly
- Tells simple stories using full sentences
- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Prints some letters and numbers
- Copies a triangle & other geometric shapes
- Stands on one foot for 10 seconds or longer
- Hops (may be able to skip)
- Uses toilet independently
- Swings & climbs



What do I do if my child has NOT met the developmental milestones for their age?

1. Talk to your doctor if your child is missing milestones or if he/she loses skills they once had.
2. Ask your doctor for a developmental screening.

IF you or your doctor is still concerned:

1. Ask for a referral to a specialist
2. Call one of the Superior References on the back page and we would be happy to help!