

School Readiness: Birth to Age 5

School readiness is preparing children to enter kindergarten “ready to learn.”

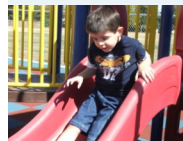
The years from birth through age five are a time of significant growth and change. In these years children develop basic knowledge, understanding and interests they need to become successful learners.

School readiness includes five major areas: physical well-being and motor development; social and emotional development; approaches to learning; language development and communication; cognition and general knowledge.



First 5 School Readiness Funding:

In November 1998, California voters passed Proposition 10, the California Children and Families Act (The Act). This Act imposed a tax on all tobacco products, including cigarettes to fund education, health, childcare and other programs for expectant parents and children ages zero to five. First 5 Sacramento was formed as a result of the passage of Proposition 10 to facilitate funding of children’s programs and services in Sacramento County.



Research shows that the brain develops dramatically during the first five years and what parents do during these years to support their child’s growth will have a meaningful impact throughout life. First 5 Sacramento wants to give parents and caregivers the tools necessary to ensure their children reach their greatest potential. We know that positive family interactions during this time have a profound effect on the way children grow and develop. Establishing a foundation for future success in school and in life is our goal.



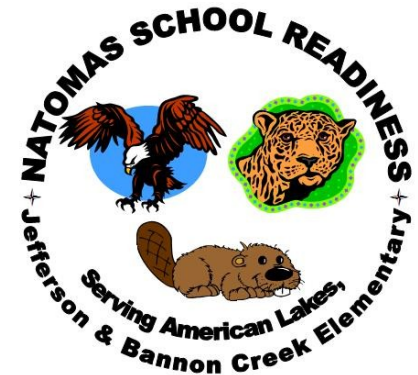
Natomas School Readiness Program

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Natomas School Readiness Program

*Ready to Learn...
Birth to age 5!*



Funding provided by:





Early Care & Education

- ◆ **Preschool Classes**
 - ◇ Free! (Must meet income eligibility requirements)
 - ◇ For children age 4 by December 2nd, eligible for Kindergarten the next year
 - ◇ Two Sessions:
8:00 - 11:00AM or
12:00 - 3:00PM
- ◆ **Parent-Toddler Playgroups**
 - ◇ Free!
 - ◇ For parents with children ages 0-5 years old
 - ◇ Health and Nutrition groups
- ◆ **Summer Kinder Camp**
 - ◇ 4 weeks in July
 - ◇ Open to incoming Kindergarten students
 - ◇ Free! (Must meet income eligibility requirements)
 - ◇ Free backpacks with supplies!
- ◆ **Early Intervention for Special Needs**

Health Services

- ◆ **Screenings**
 - ◇ Vision, Hearing, Dental, Health & Developmental Screenings
- ◆ **Immunization Information**
- ◆ **Health Insurance Information**
 - ◇ Cover the Kids Enrollment
 - ◇ Healthy Families/
Healthy Kids Enrollment
- ◆ **Spring Health Fair**
 - ◇ Free Health Screenings, Community Resources and Activities!
- ◆ **“Kits for New Parents”**
 - ◇ Free Resources for Pregnant Women & New Parents



Parenting & Family Support

- ◆ **Family Literacy Classes**
 - ◇ Free books, resources and activities to use with your child!
- ◆ **Parenting Support, Education Classes and Workshops**
 - ◇ Help pave the way for your child to enter school with success!
 - ◇ Morning & Evening classes
 - ◇ Sessions cover a variety of topics:
 - ◇ Positive Discipline
 - ◇ Child Development
 - ◇ Nutrition & Wellness
 - ◇ And more!

Parent Teacher Resource Room

- ◆ **Resources & Referrals**
 - ◇ Community Services Information
 - ◇ Health and Wellness Information
 - ◇ Free Computers & Internet Access
 - ◇ Social Worker Liaison on-site!
- ◆ **ECE Staff Development:**
 - ◇ Free to Public and Private Childcare Providers
 - ◇ Kindergarten Transition Meetings
- ◆ **Clothing Closet**