



PNC



Grow Up Great®

25 great tips



PNC



**ready
for school**

**Learning is
all around us**

PNC Grow Up Great, and PNC Crezca con Éxito, is a bilingual program designed to help prepare young children, from birth to age five, for school and life. Grow Up Great focuses on school readiness with the ultimate goal to help produce stronger, smarter and healthier children, families, and communities.



Everyday moments are perfect opportunities to explore the world around us and can help children learn through hands-on experience and discovery.

Choose learning activities that suit your family and schedule best. Start by introducing just a few new ideas and add more if and when your child is ready. Each learning moment can be an exciting voyage of discovery — for both of you.

So start today with these 25 great tips that will make learning fun anytime — anywhere!

math



Let your child play with a deck of cards.

Sorting them by colors or numbers will help her develop skills that are important for learning math.

Sing songs with numbers like “This old man, he played one...” Songs are a fun way to help children learn numbers.

Math can be tasty! As your child eats, ask her if she has more strawberries or blueberries. How many is five banana slices minus the one in her mouth? She can also learn the relationship between a whole and its parts as you cut a piece of fruit in half and then in quarters.

When you have coins in your pocket, ask your child to sort them into pennies, nickels, dimes, and quarters. That helps your child learn the names of the coins and practice sorting things into categories— an important math skill.

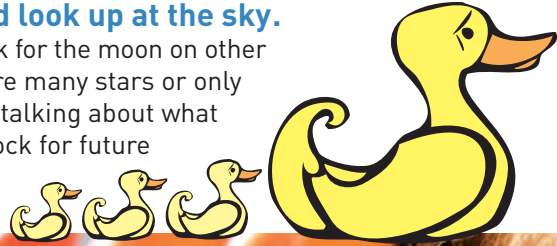
Use math words to play a game of “bigger or smaller.” Ask your child, “What do you see that’s bigger than you? What do you see that’s smaller?” Comparing words like “bigger or smaller” are math ideas, and you’ll be giving your child math practice by using them.

Play a game of “What floats? What sinks?” Have your child predict which objects (soap, washcloth, rubber duck, etc.) will float and which will sink.

When you’re outside on a sunny day, point out your child’s shadow. Can your child hide from a shadow? Can your child have the shadow touch your shadow — without touching you? What other shadows does your child see?

At nighttime, have your child look up at the sky.

What does the moon look like? Look for the moon on other nights. How is it different? Are there many stars or only a few stars? Looking carefully and talking about what we see is an important building block for future scientific thinking.



When you heat things like rice or eggs or make toast, let your child see the food beforehand. Can your child predict what changes will happen to the food? Ask your child to talk about what happened to the food afterwards from the heat. That’s part of the way children learn about science — by making predictions — and seeing changes that happen.

When you make a salad, show your child the seeds in tomatoes, bell peppers, and cucumbers. Ask your child to talk about how the seeds are different. Being able to see differences helps children learn early science concepts.

When you are outside, give your child a bag to collect nature things, like a leaf or a stone or a twig. When you help your child be interested in ordinary things in nature, you’ll be helping to spark your child’s imagination.

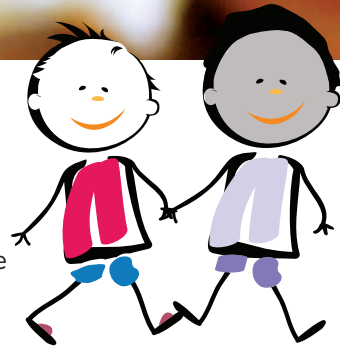
science



social development

Help your child learn how to join others who are playing.

Children aren't born with social skills. They need to be taught how to enter play, like asking the other child if they can play or suggesting an idea or watching or playing alongside for awhile. Some children need more time to feel comfortable with new children or a new activity.



Find learning moments while walking the dog or running an errand.

Can your child waddle like a penguin or stomp like an elephant? Walk in patterns, such as: giant step, giant step, baby step. In order to play, your child has to follow directions. In this way she's not only learning patterns, she's also practicing good listening skills.

Practice teamwork together. Help your child learn to work well with others by suggesting they draw a picture or make a long paper chain with friends or siblings.

Having friends is fun and it is also important to a child's development. With your child, role-play ways to meet new friends. You can show him how to introduce himself; ask someone to play; offer to share a toy; or provide help to another child who needs it.

Let your child help you wash fruits and vegetables. When children help prepare healthy foods, they are more interested in eating them. Eating healthy foods helps them feel good and be alert for thinking and learning.

Let your child help you set the table. He can put out the spoons and placemats. That's a way to practice counting—and a way to feel helpful. As you set the table together, ask questions such as “What do you see here that is shaped like a square?” “Do you see any circles?” “What shape is the table?”

Present foods in a fun way. Cut sandwiches into shapes such as triangles or circles—or use your favorite cookie cutter. When you cut an apple, make different size pieces. Can your child tell you which pieces are bigger?



Let your child be assistant chef.

First, make sure he washes his hands. Then he can stir, pour and wash vegetables. Following your directions for measuring and counting will enhance his math and listening skills.

mealtime



anytime



Encourage “office” play, by offering catalogs and old telephone books, along with a toy phone, a calculator, a pad of paper and a pencil. Or give your child simple dress-up props, like an old briefcase or purse, your old hat or shoes. Children like to pretend about being grown up. Pretending helps with imagination, and that’s important for reading.

Put a blanket over a table to make a tent.

It makes a cozy area for play—and a fun place to learn about important words for school, like “in and out,” “over and under.”

Being able to focus helps children in school.

Encourage your child to focus on his own by doing quiet activities like looking through a favorite book or doing a puzzle.



Let your child help you empty and sort things in the “junk drawer” or sort coins in the change jar. And have him help you sort the laundry before you wash by sorting colors — lights and darks. After the dryer, he can help sort socks into pairs. Sorting and matching are games that prepare children for working with numbers and letters at school.

Reading aloud with your child is a wonderful way to develop a joy of reading early on. Choose a special time and place to read together and make it a part of your routine.

Set a regular bedtime and make bedtime routines like brushing teeth and washing hands and face. Then your child knows what to expect each night. When children have a regular predictable schedule and routine, they feel more secure, which will also help them manage the schedule and responsibilities of a school day.

keep the fun growing!



For even more great tips for how to make everyday moments into learning opportunities, visit pncgrowupgreat.com. You can select from different search criteria to find the best tips that will engage your child any time of day whether it's mealtime, playtime or even chore time. While at pncgrowupgreat.com, you'll also find interactive learning activities and information that can help children from birth to age five grow up great.



For parents and caregivers, you can pick up your FREE bilingual, multimedia Sesame Street™ “Happy, Healthy, Ready For School: Math is Everywhere” kit, developed by Sesame Workshop, at any PNC Bank branch.



You can also download your Sesame Street™ “Happy, Healthy, Ready For School: Math is Everywhere” kit with tons of fun information and guidance to help get your child ready for school and for life at pncgrowupgreat.com.

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