

Colorado Early Learning & Development Guidelines

Social Media Content

General Content

For parents:

- Are you looking for activities for your [insert age group]? Click here to learn about how you can use fun activities at home to help them grow. [link to relevant section on website]
- Early learning matters! In the first few years of life, more than 1 million new neural connections are formed every second. These connections are the foundation upon which all later learning, behavior, and health depend. Learn how to help: (www.EarlyLearningCO.org)

For providers:

- Do you work with young children? Check out the Colorado Early Learning and Development Guidelines for practical tips for children from birth through age 8. [www.EarlyLearningCO.org]
- The Colorado Early Learning & Development Guidelines give educators ideas for things to do in the classroom to help kids from birth - 8 grow and thrive. [www.EarlyLearningCO.org]
- Early learning matters! In the first few years of life, more than 1 million new neural connections are formed every second. These connections are the foundation upon which all later learning, behavior, and health depend. Learn how to help: (www.EarlyLearningCO.org)

Video Series Content

This content is specific to each of the videos. Share the videos using the links provided.

Overview

https://youtu.be/xVc5fKOz1_4?list=PL25prHXT-Mcj16q_g1VkAcFid9f95EgO-

Parents and caregivers are essential to supporting children in the early years. This new fun and informational video series helps you understand milestones at each age and how you can help your little one thrive. Watch for fun and easy ways to get involved!

Get Involved

https://youtu.be/yhksjN_6-C0?list=PL25prHXT-Mcj16q_g1VkAcFid9f95EgO-

The online video series based on the Colorado Early Learning and Development Guidelines helps you get more involved in children's lives and make the most of the early years. Learn more about these fun and informational videos at www.earlylearningco.org.

Teaching Isn't Just for Teachers

https://youtu.be/zVRBXZd6BGM?list=PL25prHXT-Mcj16q_g1VkAcFid9f95EgO-

Parents are a child's first and most important teacher! In fact, every interaction we have with children teaches them something about the world. You have all the skills you need to build a strong foundation for your child's success in school and in life! Watch for fun and easy ways to get involved!

0-4 months - Bonding and Trust

<https://youtu.be/g7G4Nhjs1F8?list=PL25prHXT-MchTDgJOWPJBgWGgMaMhpfvj>

Babies age 0-4 months are already learning important skills - including how to trust and form bonds with caregivers. Your loving and consistent care helps babies feel safe and secure, so they can learn and explore the world around them. Watch for fun and easy ways to get involved!

4-8 months - Growing Up

<https://youtu.be/VnBEXYepM6Y?list=PL25prHXT-McgHZOjhrvifEr-YWeH8c78F>

Babies age 4-8 months are becoming more physically active - they may be sitting up, reaching for things, rolling over, even crawling. Encourage them by talking to them and repeating the sounds they make. Give them space to explore safely. Watch for fun and easy ways to get involved!

4-8 months - Learning and Interaction

<https://youtu.be/TMb5ZqE4xhs?list=PL25prHXT-McgHZOjhrvifEr-YWeH8c78F>

When babies age 4-8 months play and interact with you, they start to understand that they have the power to make things happen. Help them learn by responding to their sounds, facial expressions and cries, and talk to babies about what you are doing and seeing. Watch for fun and easy ways to get involved!

4-8 months - How They Think and Learn

<https://youtu.be/EM4VWW3W61U?list=PL25prHXT-McgHZOjhrvifEr-YWeH8c78F>

Babies age 4-8 months may repeat sounds and actions over and over. This helps them learn and start to be able to predict the results of their actions. Daily routines also help them learn what to expect. Simple games like peek-a-boo teach them that just because he can't see something or someone, it's still there. Watch for fun and easy ways to get involved!

4-8 months - Communication

<https://youtu.be/9SDCURL234Q?list=PL25prHXT-McgHZOjhrvifEr-YWeH8c78F>

Though babies age 4-8 months can't talk yet, they are already communicating! Crying is one important way babies tell us what they need. Respond quickly and lovingly when baby cries. Make eye contact and talk to baby as you change his diaper or give him a bath. Watch for fun and easy ways to get involved!

9-18 months - Growing Up

https://youtu.be/Tk_zXWU7hHU?list=PL25prHXT-Mcgo6EpjKSVL9VX28QbVu_tz

Children age 9-18 months are learning to move around by themselves. Give them space to explore - just make sure the space is fully childproofed so they are safe. Put toys just out of reach to help children practice both moving and problem solving. Watch for fun and easy ways to get involved!

9-18 months - Feelings and Emotions

https://youtu.be/zoJ_aFIL814?list=PL25prHXT-Mcgo6EpjKSVL9VX28QbVu_tz

When children age 9-18 months feel loved, safe and secure, they will be happier and less anxious - even when you aren't around. Talk to children about emotions - both their own feelings and the feelings of others, like the characters in books you read. Watch for fun and easy ways to get involved!

9-18 months - Learning and Interaction

https://youtu.be/CLGi_2cw5gU?list=PL25prHXT-Mcgo6EpjKSVL9VX28QbVu_tz

For children age 9-18 months, you are their favorite playmate and their most important teacher. Children this age want to be just like you so lead by example. Watch for fun and easy ways to get involved!

9-18 months - Communication

https://youtu.be/2EZsaS9w6AI?list=PL25prHXT-Mcgo6EpjKSVL9VX28QbVu_tz

By 9-18 months, children can better communicate what they want and need. Talk to children as much as possible and read together every day. Tell him what he is doing and show happiness and excitement when he communicates by pointing or saying words. Watch for fun and easy ways to get involved!

9-18 months - How They Think and Learn

https://youtu.be/7gT8vwx5qp4?list=PL25prHXT-Mcgo6EpjKSVL9VX28QbVu_tz

Children age 9-18 months like to do things over and over until they figure out how it works. Storytime is another important way that children this age learn. Even if she doesn't seem to be paying attention, keep reading together every day! Watch for fun and easy ways to get involved!

19-36 months - Grow and Stay Healthy

<https://youtu.be/i4de487YscU?list=PL25prHXT-MchNwkgCW49zbwb-UQik9mnT>

Toddlers age 19-36 months are building physical skills - including running, jumping, climbing and other skills like holding a crayon and solving simple puzzles. Make sure to stay active with your child and play outside as much as possible. Watch for fun and easy ways to get involved!

19-36 months - Learning and Interaction

<https://youtu.be/yfgHTvxJSfU?list=PL25prHXT-MchNwkgCW49zbwb-UQik9mnT>

Toddlers age 19-36 months are learning how to interact with others. They may start to play with other children - rather than just next to them. Set up play dates with other children. When you play with your child, share and take turns so they start to learn these skills. Watch for fun and easy ways to get involved!

19-36 months - Emotions

<https://youtu.be/ghCVrIVxttk?list=PL25prHXT-MchNwkgCW49zbwb-UQik9mnT>

Children age 19-36 months are learning about emotions. Help them by talking about how they feel and why. Give them a sense of control by offering two acceptable options (Do you want milk or water to drink?). Praise them when they do things you like - and they will do it again! Watch for fun and easy ways to get involved!

19-36 months - How They Think and Learn

<https://youtu.be/G1kTWZByK4Y?list=PL25prHXT-MchNwkgCW49zbwb-UQik9mnT>

Children age 19-36 months learn by doing. At this age kids can follow simple instructions. Give them easy chores like putting toys back in the bin or dirty clothes in the laundry basket. When you read together, ask questions about the story and make it a conversation. Watch for fun and easy ways to get involved!

19-36 months - Communication

<https://youtu.be/H1b0W-vRJK8?list=PL25prHXT-MchNwkgCW49zbwb-UQik9mnT>

Toddlers age 19-36 months are learning to express themselves. They might say "No!" a lot and often ask you "Why?" Encourage learning by waiting to offer help until they ask for it. Listen to what they say and give them plenty of time to put their thoughts into words. Watch for fun and easy ways to get involved!

3-5 years - Health and Physical Activity

<https://youtu.be/8sof3DkOzuk?list=PL25prHXT-McggXz2TnOJhbFgJ6yFcy6AP>

Children age 3-5 are learning about their bodies and healthy habits, so try to be a role model when it comes to exercise and healthy eating. Make active play a part of each day, and make sure your child gets enough rest. Watch for fun and easy ways to get involved!

3-5 years - Interaction and Expressing Feelings

<https://youtu.be/qt9Wyzbac7g?list=PL25prHXT-McggXz2TnOJhbFgJ6yFcy6AP>

Children age 3-5 are becoming more social. When you teach them to manage their emotions and use words to express their feelings, they are better able to develop the control and confidence they need to be successful. Watch for fun and easy ways to get involved!

3-5 years - Communication

<https://youtu.be/P1c95SVgPls?list=PL25prHXT-McggXz2TnOJhbFgJ6yFcy6AP>

Children age 3-5 have opinions and aren't shy about sharing them! Ask your child to share her thoughts and ideas - and listen carefully to the answers. If a child knows you will listen, they are more likely to share with you what's happening in their life - now and as they get older. Watch for fun and easy ways to get involved!

3-5 years - Preparing for School

<https://youtu.be/EIW6ftaA1iU?list=PL25prHXT-McggXz2TnOJhbFgJ6yFcy6AP>

Children age 3-5 are learning to be independent. They can do more for themselves but still need our support. Try not to hover over them or constantly correct them. As long as they are safe, give them the time and space they need to figure things out for themselves. Watch for fun and easy ways to get involved!

3-5 years - How They Think and Reason

<https://youtu.be/i6q1WzD1SBg?list=PL25prHXT-McggXz2TnOJhbFgJ6yFcy6AP>

By age 3-5, children are learning to solve their own problems and watching adults closely to understand how to interact with other people. Always try to set a positive example. Try not to solve problems for them, but give them the tools to figure it out for themselves. Watch for fun and easy ways to get involved!

3-5 years - Understanding Our Society

<https://youtu.be/vvr7PDwtFgA?list=PL25prHXT-McggXz2TnOJhbFgJ6yFcy6AP>

Children age 3-5 are starting to learn about money and other important information about our society. Help them understand even more by telling stories about your family and playing games where they exchange play money for things they want. Watch for fun and easy ways to get involved!

3-5 years - Imagination

<https://youtu.be/NqukD0o-FO4?list=PL25prHXT-McggXz2TnOJhbFgJ6yFcy6AP>

Kids age 3-5 are exploring creative ideas and have very active imaginations! Make time to play with your child every day. Follow their lead when you play together - no matter how silly it seems! Children feel confident when they know you want to play with them. Watch for fun and easy ways to get involved!

6-8 years - Creativity

https://youtu.be/FpEkbhUuuks?list=PL25prHXT-McjSwIXKB1_oIChWAGT2oUu6

For children age 6-8, art opens up a whole new world of learning. Performing and creative expression helps children become more confident. Expose your child to different art forms like music, dance, painting and more. Watch for fun and easy ways to get involved!

6-8 years - Health and Physical Activity

https://youtu.be/yumR1Ebvijw?list=PL25prHXT-McjSwIXKB1_oIChWAGT2oUu6

Help children age 6-8 develop healthy habits like exercise and eating lots of fruits and veggies. Encourage them to try different sports and physical activities, and be a role model when it comes to healthy eating and exercise. Watch for fun and easy ways to get involved!

6-8 years - Social Skills

https://youtu.be/MIKmiilSbOs?list=PL25prHXT-McjSwIXKB1_oIChWAGT2oUu6

When children feel loved and encouraged they build a solid foundation for the future. By age 6-8 kids are ready to be more independent, both in social interactions and household chores. Give them more responsibilities as they are ready - this will help them build skills and confidence! Watch for fun and easy ways to get involved!

6-8 years - Academics

https://youtu.be/Wr6W6a-tfsw?list=PL25prHXT-McjSwIXKB1_olChWAGT2oUu6

To encourage children's love of learning and academic success, show an interest in what kids age 6-8 are learning at school. Ask them why they think history, science and art are important. Show them how you use numbers and lists to stay organized. Watch for fun and easy ways to get involved!