

The Value of Play for Young Children

Did you know that there is a strong connection between play and learning that impacts your child's development? When we think of learning, we often think of direct instruction from a teacher, worksheets or workbooks and children sitting still listening. Early childhood teachers intentionally design play activities with specific developmentally appropriate goals in mind to help infants, toddlers, and preschoolers prepare for future school success. Play allows children to use their creativity while developing their imagination, talents, physical, cognitive, and emotional strength. Play is important to a child's healthy brain development and is essential to allow children, even at a very early age, to engage and interact in and with the world and people around them.

Play helps a child develop fine motor skills, with hand-eye coordination through learning to manipulate objects and gross motor skills, by learning to jump, hop, climb, etc. as well as overall control of their bodies. Play also helps

children develop problem solving skills, initiation of tasks, memory, concept formation, and being able to associate and classify objects. Language skills is another important area of development and can include receptive, expressive, non-verbal and auditory memory skills.

Sensory play can add additional layers and opportunities for children to explore and provide input to their developing senses.

Each day your child attends a classroom program at Summit, your child has the opportunity to develop these skills as well as many more like learning how to appropriately interact with peers to develop peer friendships and relationships.



Here are some materials you may have or be able to get to support play opportunities at home:

Blocks: cardboard boxes

Dramatic play furniture and

props: large cardboard boxes can be made into a pretend stove, a cradle for a doll baby, or basic child-sized kitchen furniture like a sink, table, or refrigerator. Your child can use dolls, wooden spoons, storage containers, or other safe items from around the house to use as additional props

Water table props: varied size cups, water wheels, pots/pans, measuring cups/spoons, funnels, balls, etc. can be used in the bathtub for water play

Art supplies: watercolor paints, washable paints, paper, crayons, paint brushes, tooth brushes, potato mashers, play doh, etc. can all be used to make art.

For more specific information and resources by age of your child or topic of interest, visit www.pathways.org or [Get Free "Learn the Signs. Act Early."](#) Materials | CDC where FREE materials and books can be accessed/ordered



Strawberry Chocolate Greek Yogurt Bark



Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

Directions

1. Line a large rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

HEALTHY MOUTH!

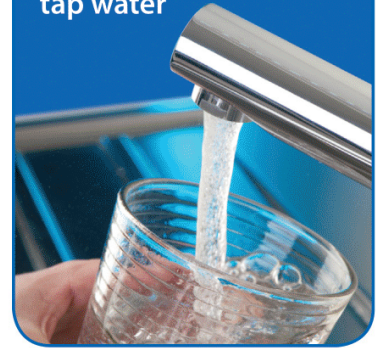
Regular dental visits for child and family beginning at 1 year old



Brush with a smear of toothpaste 2 times a day – assist child until 7-8 years old

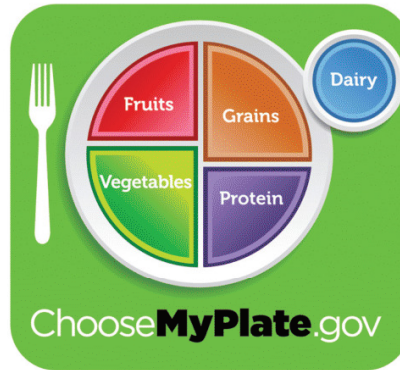


Drink fluoridated tap water



HEALTHY FOOD!

No more than 4 ounces of 100% juice per day; given WITH a meal



Only water between meals



HEALTHY CHILDREN!

Hold baby to feed



Important: The last thing to touch your child's teeth before bedtime should be the toothbrush with a *tiny* smear of fluoride toothpaste!



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps families and households connect to the internet and save.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

TWO STEPS TO ENROLL

1

Go to **GetInternet.gov** to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE

 Call 877-384-2575, or

 Visit [fcc.gov/ACP](https://www.fcc.gov/ACP)

