



# Congratulations!!!!

Your child has graduated from early intervention and has made so much progress!! Your team at the KIDS Program wants to ensure that we are supporting you through this transition. In this packet, you will find Developmental Milestones, ideas for age-appropriate activities, community resources, and the contact information of your local school district if you have any concerns for your child in the future!

We hope that you enjoy this packet as much as we have enjoyed being a part of you and your child's journey!

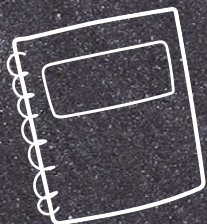
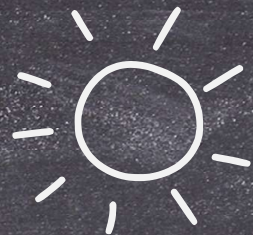




# Table of Contents

3-4 Year Milestones.....	Page 3-8
3-4 Year Activity Ideas.....	Page 9-12
4-5 Year Milestones.....	Page 13-21
4-5 Year Activity Ideas.....	Page 22-26
Preschool Readiness.....	Page 27-32
Community Resources.....	Page 33- 40
Contact Information.....	Page 41-43





# MY CHILD 3-4-YEARS-OLD





## What Can My 3-Year-Old Child Do at This Age?

As your child continues to grow, you will notice new and exciting abilities that develop. While children may progress at different rates, the following are some of the common milestones your child may reach in this age group:

- Runs and jumps easily
- Walks upstairs unassisted
- Rides a tricycle
- Washes and dries hands
- Stacks 10 blocks
- Easily draws straight lines and copies a circle
- Can stand on tip-toes
- Uses spoon well and feeds self
- Dresses and undresses self except for buttons and laces
- Can concentrate on tasks for eight or nine minutes
- Vision is nearing 20/20
- Bladder and bowel control are usually established; uses a potty chair or toilet
- May sleep 11 to 13 hours total, but may still take a short afternoon nap



## **What Can My 3-Year-Old Child Say?**

Speech development is very exciting as you watch your child begin to speak clearly and interact with others. While every child develops speech at his or her own rate, the following are some of the common milestones in this age group:

- Should be able to say about 500 to 900 words between ages 3 to 4 years old
- Speech can be understood by others
- Speaks in three-word sentences and progresses to four- to five-word sentences
- Can remember simple rhymes or lyrics
- Uses “please” and “thank you”
- Refers to self by using own name
- Names colors



## What Does My 3-Year-Old Child Understand?

While children may progress at different rates, the following are some of the common milestones your child may reach in this age group:

- Understands size differences (such as big and little, long and short)
- Understands past tense (yesterday)
- Understands long sentences
- Understands prepositions (on, under, behind)
- Uses pronouns correctly (such as I, you, he, and me)
- Asks “why”
- Counts up to four objects
- Says full name and age
- May have fears of certain things (for example, dark, a monster under the bed, and going down the drain)
- Attempts to solve problems
- Remembers certain events and recalls what happened
- Can point to the correct picture when asked a simple question about it



## **How Does My 3-Year-Old Child Interact With Others?**

While every child is unique and will develop different personalities, the following are some of the common behavioral traits that may be present in your child:

- Begins to share and likes to play with other children
- Can take turns
- Temper tantrums are less frequent
- Begins to show feelings in socially acceptable ways

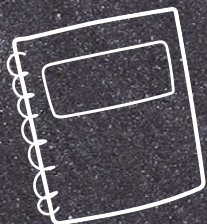
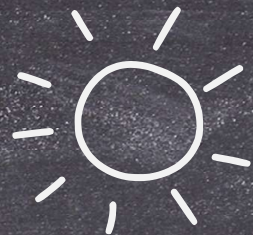


## **How Can I Help Increase My 3-Year-Old Child's Learning And Emotional Security?**

Consider the following as ways to foster emotional security:

- Spend time allowing your child to talk with you
- Teach your child how things work
- Encourage play with other children
- Encourage your child to tell you stories
- Let your child do as much as possible for himself or herself when getting dressed, brushing teeth, and combing hair
- Have your child help with simple chores such as picking up toys
- Give your child old clothes for “dress up” and allow him or her to pretend being a mom, dad, doctor, cowboy, etc.
- Sing songs or nursery rhymes
- Read stories with your child and ask your child to name pictures in the stories or retell part of the story
- Help your child play with crayon and paper or chalk and chalkboard by showing how to draw circles and lines and then put them together to make a stick figure (make figure faces that are happy, sad or surprised, and talk about the different feeling shown in each picture.





# ACTIVITIES TO TRY





## **TRACE LETTERS TOGETHER**

Three-year olds are often big fans of drawing. They'll make circular people with stick limbs and funny faces all day if you let them! Use this penchant for art by helping them trace letters. Buy paper meant for this purpose with red dotted lines where the middle of the letters will lie. This will help your little one learn the shape of each letter. Draw letters in pencil and have your children go over your writing with markers.

## **DO PUZZLES**

Children can gain fine motor skills as they move puzzle pieces and place them in the correct spots. Look for puzzles with pieces that have pegs to make it easy for little hands to use them. This activity also teaches patience and problem-solving skills.

## **THROWING GAMES**

Another great way to help little ones gain control of their motor skills is to play throwing games. Hopscotch is a perfect option because kids must toss a rock or a bean bag onto a particular square. This tests their aim and is a fun game to play together!



## **MATCHING SHAPES**

At this age, children should know the names of simple shapes. Parents can help their kids by pointing out shapes in the world around them. A toy cubby may be a square or a ball a circle. Then, make flash cards resembling these shapes. Create two circles, squares, hearts, ovals etc. Mix up the cards and encourage your kids to match the correct shapes together.

## **DO A COLOR SCAVENGER HUNT**

Instead of simply pointing to things and asking your children what color they are, have a scavenger hunt! Send your kiddos into the yard to find something from every shade of the rainbow. Soon they'll come back with a purple ball, red bike, yellow leaf, and more. It's a fun way to get kids into their environment while thinking about color identification.

## **TRY AN INFORMATION GAME**

Little ones should know a few key pieces of personal information when heading into preschool. Parents can help their kids learn full names by playing games. Cut out cards with the letters of your kids' names and then have them rearrange the cards until they make the correct name. This will help with letter identification and learning how to recognize their written name.



## **PLAY WITH DOLLS**

Playing with dolls is a favorite pastime for many 3 year olds. You and your little one can play with dolls together and dress them up. This creates a lot of excitement among kids and offers opportunity to practice pretend play.

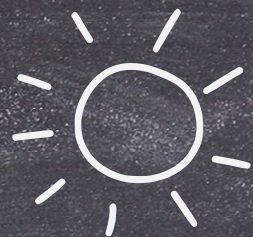
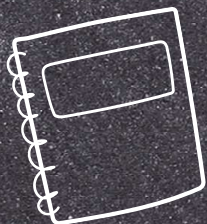
## **INVOLVE IN READING ACTIVITIES**

It is important that you read to your child so that they can learn new words every day. Reading storybooks at bedtime is an activity that you must include in your kid's routine. Explore Reading games for kids to make reading activities more interesting. Read short stories and poems along with visually appealing images that attract kids to listen to you. Ask your child questions about the characters and the story.

## **BUILD SOMETHING WITH PLAYDOUGH**

Playing with playdough is an exciting way to learn how to create something. You can teach your kid how to work with clay. Kids can learn alphabets, shapes or any structure they would like to make.





# MY CHILD

## 4-5-YEARS OLD





## **What can my 4- to 5-year-old child do at this age?**

As your child continues to grow, you will notice new and exciting abilities that your child develops. While children may progress at different rates, the following are some of the common milestones children may reach in this age group

### **4-year-olds:**

- Sing songs
- Skip and hop on one foot
- Catch and throw a ball overhand
- Walk downstairs alone
- Draw a person with three separate body parts
- Build a block tower with 10 blocks
- Understand the difference between fantasy and reality
- Draw a circle and square
- Dress themselves
- Able to fasten large buttons without help
- Pull up a zipper after it is fastened



## **What can my 4- to 5-year-old child do at this age?**

As your child continues to grow, you will notice new and exciting abilities that your child develops. While children may progress at different rates, the following are some of the common milestones children may reach in this age group

5-year-olds:

- Jump rope
- Walk backward
- Balance on one foot for at least 5 seconds
- Use scissors
- Begin learning how to tie shoes
- Draw a triangle and diamond
- Draw a person with six body parts
- Know address and phone number
- Recognize and recite the alphabet
- Write first name
- Start to help with chores around the house
- Start to lose their baby teeth



## **What can my 4- to 5-year-old child say?**

Speech development in children is very exciting for parents as they watch their children become social beings that can interact with others. At this age, a child can usually understand that letters and numbers are symbols of real things and ideas and that they can be used to tell stories and offer information.

Most will know the names and gender of family members and other personal information. They often play with words and make up silly words and stories.

4 and 5-year-olds' vocabulary is between 1,000 and 2,000 words. Speech at this age should be completely understandable, although there may be some developmental sound errors.



While every child develops speech at his or her own rate, the following are some of the common milestones children may reach in this age group:

#### 4-year-olds:

- May put together four to six words into a sentence
- Will ask questions constantly
- Knows all their colors
- Likes to tell stories

#### 5-year-olds:

- May put together six to eight words into a sentence
- Knows the days of the week and months
- Can name coins and money
- Can understand commands with multiple instructions
- Talks frequently



## **What does my 4- to 5-year-old child understand?**

As a child's vocabulary increases, so does his/her understanding and awareness of the world around them. Children at this age begin to understand concepts and can compare abstract ideas.

While children may progress at different rates, the following are some of the common milestones children may reach in this age group:

### **4-year-olds:**

- Begins to understand time
- Begins to become less aware of only one's self and more aware of people around him/her
- May obey parent's rules, but does not understand right from wrong
- Believes that his or her own thoughts can make things happen

### **5-year-olds:**

- Increased understanding of time
- Curious about real facts about the world
- May compare rules of parents with that of friends



## **How does my 4- to 5-year-old child interact with others?**

A very important part of growing up is the ability to interact and socialize with others. This can be a frustrating transition for the parent as children go through different stages, some of which are not always easy to handle. While every child is unique and will develop different personalities, the following are some of the common behavioral traits that may be present in your child:

4-year-olds can

- Be very independent and may want to do things on his or her own
- Be selfish and do not like to share
- Be moody; mood swings are common in this age group
- Be aggressive during mood swings towards family members
- Have a number of fears
- Have imaginary playmates
- Enjoy exploring the body and may play doctor and nurse
- Fight with siblings
- Play with others in groups



## **How does my 4- to 5-year-old child interact with others?**

While every child is unique and will develop different personalities, the following are some of the common behavioral traits that may be present in your child:

5-year-olds can:

- Generally, be more cooperative and responsible than 4-year-olds
- Be eager to please others and make them happy
- Have good manners
- Dress/Undress self completely without help
- Get along well with parents
- Enjoy cooking and playing sports
- Become more attached to parent as they enter school

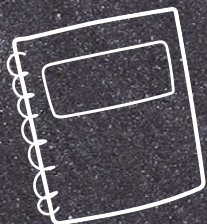
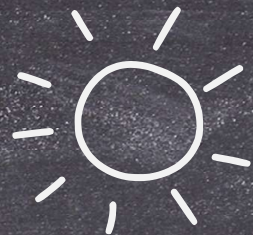


## **How can I help increase my preschool child's social ability?**

Consider the following as ways to foster your preschool child's social abilities:

- Offer praise and recognition for good behavior and achievements
- Encourage your child to talk to you and be open with his or her feelings
- Read to your child, sing songs, and talk with him or her
- Spend quality time with your child and show him or her new experiences
- Encourage your child to ask questions and explore
- Encourage physical activity with supervision
- Arrange times for your child to be with other children, such as in play groups
- Give your child the chance to make choices, when appropriate
- Use time-out for behavior that is not acceptable
- Encourage your child to express his or her anger in an appropriate manner
- Limit television watching (or other screen time). Use free time for other play.





# ACTIVITIES TO TRY





Kids can be active even when they're indoors. Designate a safe play area and try some active inside games such as:

- Treasure hunt: Hide “treasures” throughout the house and provide clues to their locations
- Obstacle course: Set up an obstacle course with chairs, boxes, and toys for the kids to go over, under, through and around
- Soft-ball games: Use soft foam balls to play indoor basketball, bowling, soccer or catch. You can even use balloons to play volleyball or catch

Playing together, running in the backyard or using playground equipment at a local park can be fun for the entire family. Other activities to try together, or for a group of preschoolers to enjoy, include:

- Playing games such as “Duck, Duck, Grey Duck” or “Follow the Leader,” then mixing it up with jumping, hopping and walking backward
- Kicking a ball back and forth or into a goal
- Hitting a ball off a T-ball stand
- Playing freeze dance or freeze tag
- Simon Says



## **SHAPE IT WITH PLAYDOUGH**

Playing with playdough and molding it is one of the best sensory activities for 4-year-olds. In this activity, kids learn about different shapes by molding the shapes using playdough. Give kids a sheet with images of different shapes like – circle, triangle, rectangle, square, rhombus, pentagon, hexagon, etc. Check out shape games for kids for more fun ways to teach your child about shapes.

## **SORTING BLOCKS**

Building blocks are amazing for teaching little kids something new or even practicing something they already know. These blocks come in different shapes, sizes and vibrant colors. In this activity, your child learns to recognize different colors and sort them. You can also ask the child to sort the blocks according to their size.

## **PAINT AND LEARN**

This is one of the best number learning activities for 4-year-olds. Give your kids a large sheet of paper and call out a number. Then ask them to write the number and paint that many circles to show the quantity that the number represents. Check out number games for kids for more such fun ways to teach kids about numbers.



## **SIMON SAYS**

This is one of the most fun activities for 4-year-olds and works the best with multiple players. Give commands to the kids starting with “Simon Says.” For example, “Simon says sit down” and all the children should sit. But if you say “sit down” and they sit, they lose a turn. This helps them become active listeners.

## **JIGSAW PUZZLES**

Putting jigsaw puzzles back together is one of the best activities for 4-year-olds. This activity strengthens kids’ visual skills, critical and logical thinking skills, problem solving skills and observational skills. It also improves their focus, concentration and patience.

## **WHAT AM I?**

This is one of the best activities to refine your 4-year-old’s identification skills. Sit anywhere at home or in the garden with your little ones, ask them to identify things around them and say the words aloud. Point at things and say, “what am I?” For example, point at birds, cars, chairs, sand, etc, and ask the child to identify it and say the name aloud. You can challenge your child by stating the object's function or qualities.



## **FIND THE MATCHING ONES:**

Make flashcards with identical pairs of things like a pair of apples, a pair of giraffes, a pair of penguins, so on and so forth. Put the flashcards on the table (or any surface) such that the object image faces the table (or the surface) and remains hidden to the kids. Now, the player has to flip one of the flashcards and try searching for its pair in the rest of the unflipped flashcards. The player needs to find all the identical pairs.


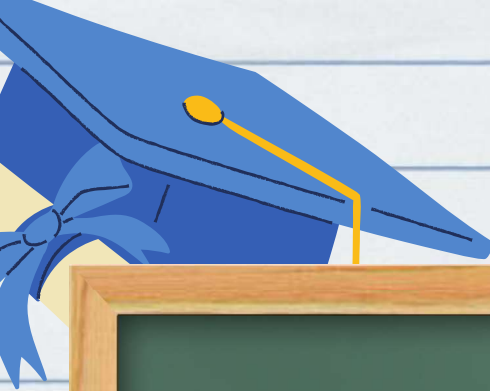
## **TRACE IT**

For this activity, you can find many tracing worksheets online. In these worksheets, kids should trace the dotted lines to create pieces of art, numbers, words, animals, birds and other objects.

## **LEARNING WITH TOY TRAINS**

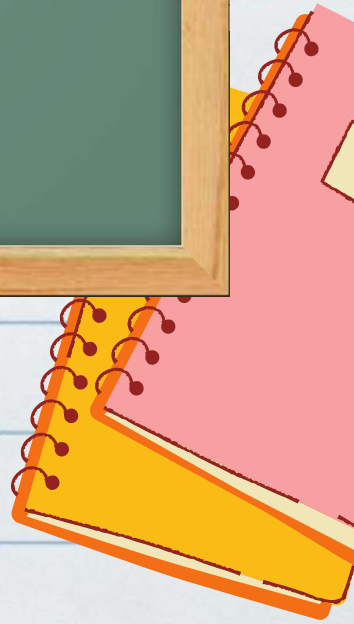
Toy trains are found in almost every home where there's a kid. Why not use these toy trains for some learning activity? All you have to do is write numbers (1, 2, 3, etc.) on the wagons, and ask your kid to attach a sticky note to each of the wagons where the sticky note contains the number spelling (one, two, three, so on and so forth). Want your kid to play another exciting number learning game?





# ***PRESCHOOL READINESS***

*Is my child ready for  
Preschool?*





# Preschool Readiness Checklist

## Social skills

- Initiates and maintains independent play (for example, plays alone in the sandbox, or role-plays independently)
- Enjoys doing things on their own sometimes, such as reading, crafts or getting dressed
- Can separate from you for several hours, such as an afternoon at a friend's house or a sleepover at Grandma's
- Appears interested in going to a "big-kid" school, learning new things, and/or meeting new friends
- Enjoys participating in group activities
- Can express emotions, needs and requests
- Responds well to consistent routines, such as quiet time or naptime following lunch
- Anticipates what comes next during the day (for example, knows that naptime follows lunch)

## Reasoning & Concept Development

- Matches like objects, mainly identical objects, or matches objects by shape and color
- Develops object permanence and understands that objects continue to exist even when out of sight
- Shows interests in tinkering with objects by taking things apart and putting them back together
- Explores with elements of nature, such as sand and water
- Remembers short sequences of events of 2 to 3 steps



# Preschool Readiness Checklist

## Motor skills

- Increases proficiency in gross motor skills, strength and balance, such as jumping in place, standing on one foot, running and kicking
- Develops gross motor coordination, such as to navigate around obstacles
- Rides tricycles
- Runs to kick a stationary ball
- Improves hand-eye coordination when playing with building blocks and simple puzzles
- Begins to improve pencil control by using fingers rather than the whole fist to grasp pencil and stylus
- Begins to show left/right-handedness

## Reading

- Holds a book properly and turns pages
- Understands that words convey the message in a story
- Recognizes the first letter of their own name
- Knows some letter names
- Knows the main characters in familiar stories
- Enjoys reading books with others



# Preschool Readiness Checklist

## Language skills

- Uses language to communicate with others for a variety of purposes (for example, describing something, making requests, greeting someone, etc.)
- Speaks clearly to be understood by others
- Uses accepted language and communication styles (for example, using polite manners, using appropriate volume and tone)
- Tells simple stories
- Uses accepted nouns, verbs and adjectives in familiar contexts
- Understands words for common categories (for example, toys, food, clothes)
- Uses sentences with two phrases or concepts

## Writing

- Holds a writing tool with a fist or finger grasp
- Draws with a variety of tools (crayons, pens, pencils)
- Scribble-writes in a linear fashion
- Makes marks and refer to them as “my name”



# Preschool Readiness Checklist

## Math

- Identifies some shapes such as circle, square and triangle
- Understands and explores empty containers and full containers
- Recognizes and matches small quantities to the number words 1, 2 and 3
- Shows interest in numbers and recites some number words
- Can count along with help, although might make mistakes
- Distinguishes between "some" and "all," and parts of a whole
- Uses some size words, such as "many"
- Uses words such as "same as" to make comparisons
- Shows interests in patterns and sequences
- Classifies or sorts objects into simple groups (such as by colors and size)
- Understands the order of the day, and begins to use some time words such as "morning" and "night"

## Social studies

- Recognizes common features of the home and neighborhood, such as trees, houses and streets
- Shows interests in familiar people such as siblings, family members and friends
- Shows interests in common jobs and professions such as firefighter, doctor, and nurse



## Preschool Readiness Checklist

### Science

- Asks questions about objects, events and animals observed in their environment
- Considers and offers explanations of how things might work
- Shows interest in different animals and the sounds they make
- Uses descriptive terms such as "fast" and "slow," "hot" and "cold"

### Creative Arts & Music

- Begins to use a variety of art tools such as crayon, construction paper and colored pencils
- Knows a few color words
- Drawings have basic resemblance to objects and people
- Articulates what he/she is drawing
- Likes to imitate sounds and rhythm; might have a favorite song
- Uses realistic toys in pretend play or to imitate household routines
- Engages in dramatic play with others to act out simple play scripts, such as playing house



# COMMUNITY RESOURCES





## Bismarck-Mandan Area:

- **Facebook Page:** Bismarck/Mandan Children's Activities
- **Bismarck Parks and Rec:** Activity Guide

<https://www.bismarcknd.gov/608/Parks> - link to Bismarck Parks

- **Mandan Parks and Rec: Activity Guide**

<https://www.mandanparks.com/parks-shelters/> - link to Mandan Parks

- **Preschool/Kindergarten Activities:**

<http://bismanchildrensactivities.weebly.com/preschool-kindergarten.html> - This website has activities by age, playgrounds to visit, activities to do from home, support groups, meal deals in the community, and more!

- **Story Time at the Library:**

BismarckLibrary.org

<https://www.cityofmandan.com/library>

- **Activities for Kids in Bismarck:**

<https://www.activekids.com/bismarck-nd> - this website is filled with activities near you that are updated weekly

- **North Dakota's Gateway to Science**
- **North Dakota Heritage Center and State Museum**



## Hazen-Beulah Area:

- **Energy Wellness Center**

<https://www.beulahparks.com/facilities/energy-wellness-center/>

- **Beulah Parks and Rec**

<https://www.beulahparks.com/>

- **Hazen Public Library Facebook Page** "Hazen Public Library"

- **Beulah Public Library Facebook Page and website**

"Beulah Public Library"

<https://beulahndlibrary.com/story-time/>

- **Cinema Flix Facebook Page** "Cinema Flix"

Hazen Movie Theater

- **Beulah Little People Preschool**

Call Beulah Elementary School or follow Beulah Little People Preschool on Facebook for more information



## Dickinson Area:

- **Toddler Tuesday** at the Dickinson Museum Center every Tuesday from 9-10 AM
- **Tiny Tots Storytime** (0-2) and **Preschool Storytime** (3-5) at the Dickinson Public Library
- **West River Community Center Kids Fit**  
<https://westrivercommunitycenter.com/activities/kids-fit/>
- **Facebook Page:** Dickinson Parks & Recreation
- **Dickinson Public School Children Bookmobile**  
<https://www.dickinson.k12.nd.us/families/resources>
- **Dakota Dinosaur Museum** - Open for the spring and summer seasons
- **Dickinson Museum Center** - features temporary exhibits as well as presentations about North Dakota's early settlers and the early struggles of living on the open prairie.
- **Theodore Roosevelt Center**
- **Dickinson Parks** - <https://dickinsongov.com/directory-category/parks/>
- **Indoor Playground** - (701) 456-2070 for ages 10 and under



## Dickinson Area:



### GEARING UP FOR PRESCHOOL

GUP FOCUSES ON AN EARLY EDUCATION AND  
SOCIALIZATION EXPERIENCE.

GUP IS FOR CHILDREN AGES 3-4 YEARS OLD.

- WEST DAKOTA PARENT & FAMILY  
RESOURCE CENTER
- DICKINSON PUBLIC SCHOOLS

### NURTURING LITTLE MINDS

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WEST DAKOTA PARENT & FAMILY RESOURCE CENTER  
402 4TH ST W  
DICKINSON, ND 58601  
PH. (701)456-0007 TOLL FREE (877)264-1142  
[WWW.WESTDAKOTAPARENT.ORG](http://WWW.WESTDAKOTAPARENT.ORG)

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*gearing up for*  
**Pre-school**



West Dakota  
Parent & Family  
Resource Center



Dickinson  
PUBLIC SCHOOLS



# Dickinson Area:

Abstract Green Shapes  
background

## Creating a Loving and Stimulating Environment for Growth and Development



Gearing Up For Pre-school, where trained caregivers provide care and early education to groups of children. GUP offer structured learning activities and playtime.,.

THE GOAL OF GEARING UP FOR PRE-SCHOOL IS TO BETTER PREPARE PARENTS AND THEIR CHILDREN FOR A SUCCESSFUL TRANSITION INTO PRE-SCHOOL. DURING THE COURSE OF 4 SESSIONS, WE WILL SUPPORT PARENTS ON THEIR ROLE IN GETTING THEIR CHILD READY FOR PRE-SCHOOL. AS WELL AS PREPARING CHILDREN FOR THIS BIG TRANSITION.

#### TOPICS INCLUDE:

- PLAY
- SOCIAL/EMOTIONAL DEVELOPMENT
- SLEEP AND SCREEN TIME
- PARENT/SCHOOL ENGAGEMENT

GEARING UP  
IS FOR FAMILIES WITH A CHILD ENTERING  
OR ENROLLED IN A  
PRE-SCHOOL.

#### THE PROGRAM INCLUDES:

- FOUR SESSIONS

FAMILIES ARE ENCOURAGED TO ATTEND  
ALL 4 FALL SESSIONS

#### EACH 1 HOUR SESSION INCLUDES:

- PARENT, CHILD, AND TEACHER ACTIVITIES--FIRST 30 MINUTES
- SEPARATE TEACHER/CHILD ACTIVITIES--SECOND 20 MINUTES
- SEPARATE PARENT EDUCATION CLASSES--SECOND 20 MINUTES.

THIS IS A GREAT OPPORTUNITY FOR  
PRESCHOOLERS  
TO EXPERIENCE THE CLASSROOM  
ENVIRONMENT AND GET A FEEL FOR THE  
TYPE OF ROUTINE AND EXPECTATIONS FOUND  
IN PRE-SCHOOL.

THIS IS A GREAT OPPORTUNITY FOR  
PARENTS  
TO FIND OUT IF YOUR CHILD IS CURIOUS AND  
EAGER TO LEARN.

FREE SUPPER AND  
FREE CHILDCARE PROVIDED.



Dickinson Area:



# GEARING UP FOR KINDERGARTEN

*A place for  
growing minds*

- WEST DAKOTA PARENT & FAMILY RESOURCE CENTER
- DICKINSON PUBLIC SCHOOLS

WEST DAKOTA PARENT & FAMILY RESOURCE CENTER  
402 4TH ST W  
DICKINSON, ND 58601  
PH. (701)456-0007 TOLL FREE (877)264-1142  
[WWW.WESTDAKOTAPARENT.ORG](http://WWW.WESTDAKOTAPARENT.ORG)





# Dickinson Area:

## PREPARING FOR THE BIG TRANSITION



THE GOAL OF GEARING UP FOR KINDERGARTEN IS TO BETTER PREPARE PARENTS AND THEIR CHILDREN FOR A SUCCESSFUL TRANSITION INTO KINDERGARTEN.

DURING THE COURSE OF 16 SESSIONS, WE WILL INFORM PARENTS ON THEIR ROLE IN GETTING THEIR CHILD READY FOR KINDERGARTEN, AS WELL AS PREPARING CHILDREN FOR THIS BIG TRANSITION.

TOPICS INCLUDE:

- BRAIN DEVELOPMENT
- PARENTING STYLES
- GUIDANCE & DISCIPLINE
- SOCIAL & EMOTIONAL DEVELOPMENT
- EARLY LITERACY
- MUCH MORE



### GEARING UP

IS FOR FAMILIES WITH A CHILD ENTERING KINDERGARTEN IN THE FALL PRIOR TO STARTING SCHOOL.

#### THE PROGRAM INCLUDES:

- EIGHT SESSIONS IN THE FALL
- EIGHT SESSIONS IN THE SPRING

FAMILIES ARE ENCOURAGED TO ATTEND BOTH FALL AND SPRING SESSIONS

EACH 1 1/2 HOUR SESSIONS INCLUDES:

- PARENT, CHILD, AND TEACHER ACTIVITIES--FIRST 45 MINUTES
- SEPARATE TEACHER/CHILD ACTIVITIES--SECOND 45 MINUTES
- SEPARATE PARENT EDUCATION CLASSES--SECOND 45 MINUTES.

THIS IS A GREAT OPPORTUNITY FOR PRESCHOOLERS

TO EXPERIENCE THE CLASSROOM ENVIRONMENT AND GET A FEEL FOR THE TYPE OF ROUTINE AND EXPECTATIONS FOUND IN KINDERGARTEN.

THIS IS A GREAT OPPORTUNITY FOR PARENTS

FREE supper and  
FREE childcare provided.



# ***WHAT TO DO WHEN YOU HAVE CONCERNS:***

If you have any concerns about your child not meeting milestones or are seeing signs they may be falling behind, call or email someone listed below in your area to set up a screening for potential preschool services.

## **Region 7:**

- **Bismarck School District**

**Shannon Schroeder**

**shannon\_schroeder@bismarckschools.org**

**701-323-4400**

- **Morton-Sioux Special Education Unit**

**Mandan, New Salem, Glen Ullin, and Hebron School District**

**Deb Tibor**

**debra.tibor@msd1.org**

**(701) 751-6500**

- **Oliver-Mercer**

**Beulah, Center, and Hazen School District**

**Linnette Irwin Linnette.Irwin@k12.nd.us or**

**Deb Eklund Deb.Eklund@k12.nd.us**

**701-873-2298**

- **Souris Valley Special Education Unit**

**Washburn School District**

**Nichole Strand Nicole.strand@svssnd.org**

**701-857-4410**



# ***WHAT TO DO WHEN YOU HAVE CONCERNS:***

If you have any concerns about your child not meeting milestones or are seeing signs they may be falling behind, call or email someone listed below in your area to set up a screening for potential preschool services.

- Southwest Multi-District Special Education Unit-Mott  
Carson, Elgin, New Leipzig School District  
Director: Melissa L. Rokusek - [swsped@ndsupernet.com](mailto:swsped@ndsupernet.com) or  
ECSE: Desiree Poehls- [desiree.poehls@k12.nd.us](mailto:desiree.poehls@k12.nd.us)  
701-824-2937



# ***WHAT TO DO WHEN YOU HAVE CONCERNS:***

If you have any concerns about your child not meeting milestones or are seeing signs they may be falling behind, call or email someone listed below in your area to set up a screening for potential preschool services.

## **Region 8:**

- **Dickinson School District**

**Head Start Education Coordinator: Julie Jahner**

**jjahner@dpsnd.org**

**ECSE/Transition Support: Kristi Moormann**

**kmoormann@dpsnd.org**

**701-456-3860 (ext. 2047)**

- **Southwest Multi-District Special Education Unit-Mott**

**Director: Melissa L. Rokusek - swsped@ndsupernet.com or**

**ECSE: Desiree Poehls- desiree.poehls@k12.nd.us**

**701-824-2937**

- **Bowman County Public Schools- Bowman**

**Corinne Chruszch- Corinne.Chruszch@k12.nd.us or**

**Amy Burke- Amy.Burke@k12.nd.us**

**(701) 523-2333**

- **WILMAC Multi District Special Education Unit- Mandaree**

**Contact Nikki Johnsrud- NJohnsrud@wilmac.org**

- **West River Student Services**

**Corinne Chruszch - Corinne.Chruszch@k12.nd.us**