INTRODUCTION

In this issue of Oregon Parenting Together we will talk about the different developmental domains that your young children should be working on at home, daycare, or preschool.

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

YOUR KIDS ALWAYS NEED YOUR ATTENTION AND SUPPORT!

As a parent, you are always making sure your child has everything they need to be successful. Making sure your children are building their skills in movement, language, learning, and emotional awareness, is one of your key jobs in parents. You may be wondering how you can help their development and when is the most influential time to do so. Having a strong attentive relationship with your child starting in infancy is a great foundation, but it doesn't stop there! Studies show that if a responsive and attentive relationship does not carry on past infancy through preschool age, then all the ground work done in infancy will not be enough to help ensure continued growth and advancement. The good news is, if you have not been as attuned to your child's needs spending more time with them and nurturing that relationship can help get everyone back on track! The next page has more information about the different areas of development and ways you can work with your children.

Find us on Facebook (Oregon Parenting Education Collaborative) & Twitter (@OPECParentingEd)!
**COGNITIVE**

Your child’s cognitive skills refers to how your child is able to process and learn new information and also how they are able to solve problems. You might think of these as academic skills. These are only part of the skills children need to be successful in school. To build these skills with your children sing the ABC’s, practice counting, and do puzzles together!

**SELF-HELP**

Your child’s self-help skills refers to their ability to take care of themselves. These skills are important to help in their overall functioning, and lay the groundwork for being able to care for themselves as an adult. It may be faster for you to tie your kids’ shoes or brush their teeth, but plan for a little extra time when you get ready and soon they will be a big help to you!

**SOCIAL-EMOTIONAL**

Your child’s emotional and social skills refer to their ability to identify their emotions and those of others. These skills also help children when interacting with their peers in terms of sharing, turn taking, and positive ways to resolve disagreements. With your children talk about how they are feeling and ways to help them deal with sad or angry feelings. Give suggestions like take a deep breath and count to three!

**MOTOR**

Your child’s motor skills refer to their ability to coordinate the movements of their body. Gross motor refers to moving their whole body, like hopping, playing catch, balancing on one foot. Fine motor refers to small coordinated movements, like holding a pencil, putting a puzzle together, buttoning their clothes, or tying their shoes. Fun ways to build gross motor skills at home include playing ball sports together, biking, or doing an obstacle course. For fine motor skills you can make jewelry together, build with blocks, color, or play an instrument!

**LANGUAGE**

Young children’s language skills grow at an incredible rate. Whether they are just making sounds, starting to say words, or speaking in full sentences, they are constantly picking up new skills in language. Building these skills will help their verbal communication and also their writing abilities as they get older. Talk to your children often, and use real words not baby talk (no goo-goo, gaa-gaa here!). The more words your children are exposed to...the larger their vocabulary!

**REFERENCES**