



BRAIN BUILDING IN PROGRESS

Resources for Early Learning

Additional Resources

For parents of children ages 3–5

## Additional Resources

### Massachusetts Early Education and Care Resources

Family Brochures

<http://machildcareresourcesonline.org/eec/eec-family-brochures/>

Guidelines for Preschool Learning Experiences

<http://www.mass.gov/edu/birth-grade-12/early-education-and-care/curriculum-and-learning/>

“Learn and Grow Together” Family Guide

<http://www.mass.gov/edu/docs/eec/resources-for-families/eec-parent-guide-eng.pdf>.

(Also available in Spanish and Portuguese.)

Massachusetts Early Learning Guidelines for Infants and Toddlers

<http://www.mass.gov/edu/birth-grade-12/early-education-and-care/curriculum-and-learning/>

(Also available in Spanish.)

Parent Engagement and Family Support

<http://www.mass.gov/edu/birth-grade-12/early-education-and-care/parent-and-family-support/>

Resources for Parents (Massachusetts Family Literacy Consortium)

<http://www.doe.mass.edu/familylit/parents/>

The Head Start Child Development and Early Learning Framework: Promoting Positive Outcomes in Early Childhood Programs Serving Children 3–5 Years Old

[http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Assessment/Child%20Outcomes/HS\\_Revised\\_Child\\_Outcomes\\_Framework\(rev-Sept2011\).pdf](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Assessment/Child%20Outcomes/HS_Revised_Child_Outcomes_Framework(rev-Sept2011).pdf)

The Massachusetts Curriculum Frameworks for Pre-Kindergarten to 12

<http://www.mass.gov/edu/birth-grade-12/early-education-and-care/curriculum-and-learning/>

### General Information about Parenting

*Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five* by John Medina. Pear Press, 2011.

*Caring for Your Baby and Young Child: Birth to Age 5*, 5<sup>th</sup> edition, by American Academy of Pediatrics. Bantam, 2009. (See also *Your Baby's First Year* by American Academy of Pediatrics. Bantam, 2010.)

Child Development: Baby and Toddler Milestones. PBS Parents.

[www.pbs.org/parents/child-development/baby-and-toddler/baby-toddler-milestones/](http://www.pbs.org/parents/child-development/baby-and-toddler/baby-toddler-milestones/)

*Dr. Spock's Baby and Child Care*, 9th edition, by Benjamin Spock and Robert Needlman. Gallery Books, 2012.

*Einstein Never Used Flashcards: How Our Children Really Learn—and Why They Need to Play More and Memorize Less* by Kathy Hirsh-Pasek, Roberta Michnick Golinkoff, and Diane Eyer. Rodale Books, 2004.

*Everyday Early Learning: Easy and Fun Activities and Toys Made from Stuff You Can Find around the House* by Jeff A. Johnson. Redleaf Press, 2008.

*Milestone Moments*. Centers for Disease Control and Prevention (CDC).

[www.cdc.gov/ncbddd/actearly/pdf/parents\\_pdfs/MilestoneMomentsEng508.pdf](http://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/MilestoneMomentsEng508.pdf)

(In Spanish: [www.cdc.gov/ncbddd/Spanish/actearly/milestones/index.html](http://www.cdc.gov/ncbddd/Spanish/actearly/milestones/index.html))

*Mind in the Making: The Seven Essential Life Skills Every Child Needs* by Ellen Galinsky. William Morrow, 2010.

*Playful Parenting* by Lawrence J. Cohen. Ballantine Books, 2002.

*Smart Parenting for Smart Kids: Nurturing Your Child's True Potential* by Eileen Kennedy-Moore and Mark S. Lowenthal. Jossey-Bass, 2011.

*Unplugged Play: No Batteries. No Plugs. Pure Fun.* by Bobbi Conner. Workman Publishing, 2007.

*Your Child's Growing Mind: Brain Development and Learning from Birth to Adolescence* by Jane Healy. Random House, 3rd edition, 2004.

## Organizations and Websites

American Academy of Child and Adolescent Psychiatry: Facts for Families

[www.aacap.org/cs/root/facts\\_for\\_families/facts\\_for\\_families](http://www.aacap.org/cs/root/facts_for_families/facts_for_families)

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

Boston Children's Museum

[www.bostonchildrensmuseum.org](http://www.bostonchildrensmuseum.org)

Child Care Aware® of America

[www.naccrra.org](http://www.naccrra.org)

Commonwealth of Massachusetts Department of Children and Families  
[www.mass.gov/dcf](http://www.mass.gov/dcf)

Commonwealth of Massachusetts Department of Public Health  
[www.mass.gov/dph](http://www.mass.gov/dph)

Federation for Children with Special Needs  
[www.fcsn.org](http://www.fcsn.org)

Fred Rogers Center Early Learning Environment  
<http://ele.fredrogerscenter.org/>

Get Ready to Read!  
[www.grtr.org](http://www.grtr.org)

MassResources.org  
[www.massresources.org](http://www.massresources.org)

National Association for the Education of Young Children  
[www.naeyc.org/families](http://www.naeyc.org/families)

National Dissemination Center for Children with Disabilities  
<http://nichcy.org/disability/specific/dd>

One Tough Job  
[www.onetoughjob.org](http://www.onetoughjob.org)

PBS Parents  
<http://www.pbs.org/parents/>

Raising a Reader MA  
<http://raisingareaderma.org/>

Reach Out and Read  
[www.reachoutandread.org](http://www.reachoutandread.org)

Tufts University Child and Family WebGuide  
[www.cfw.tufts.edu/](http://www.cfw.tufts.edu/)

Zero to Three  
[www.zerotothree.org](http://www.zerotothree.org)

## Additional Resources: Topics

### Talking and Listening

*Beyond Baby Talk: From Speaking to Spelling: A Guide to Language and Literacy Development for Parents and Caregivers* by Kenn Apel and Julie Masterson. Three Rivers Press, 2012.

How Does Your Child Hear and Talk? American Speech-Hearing-Language Association.  
[www.asha.org/public/speech/development/chart.htm](http://www.asha.org/public/speech/development/chart.htm)  
(In Spanish: <http://www.asha.org/public/speech/development/chart.htm?LangType=1034>)

*How to Talk So Kids Will Listen and Listen So Kids Will Talk*, updated edition, by Adele Faber and Elaine Mazlish. Scribner, 2012

Listen, Talk, Answer—Support Your Child’s Learning. Adapted from A. Dombro, J. Jablon, and C. Stetson, 2010. “Powerful Interactions Begin with You,” *Teaching Young Children* 4(1), pp. 12–13.

<http://families.naeyc.org/learning-and-development/child-development/listen-talk-answer%E2%80%94support-your-child%E2%80%99s-learning>

### Reading

*A Child Becomes a Reader: Proven Ideas from Research for Parents: Birth Through Preschool* by Bonnie B. Armbruster, Fran Lehr, and Jean Osborn. National Institute for Literacy, The Partnership for Reading, 2006.

[http://lincs.ed.gov/publications/pdf/reading\\_pre.pdf](http://lincs.ed.gov/publications/pdf/reading_pre.pdf)

*A Family of Readers: The Book Lover’s Guide to Children’s and Young Adult Literature* by Roger Sutton and Martha Parravano. Candlewick, 2011.

*Getting Ready to Read: Helping Your Child Become a Confident Reader and Writer Starting from Birth* by Rebecca Parlakian, Claire Lerner, and Janice Im. Zero to Three, 2008.

[www.zerotothree.org/child-development/early-language-literacy/cradlingliteracy\\_ready2read\\_8-14-09.pdf](http://www.zerotothree.org/child-development/early-language-literacy/cradlingliteracy_ready2read_8-14-09.pdf)

*Helping Your Child Become a Reader*. U.S. Department of Education, 2005.

<http://www2.ed.gov/parents/academic/help/reader/index.html>

(In Spanish: [www2.ed.gov/espanol/parents/academic/lector/index.html](http://www2.ed.gov/espanol/parents/academic/lector/index.html))

*Poems to Learn to Read By: Building Literacy with Love* by Betty S. Bardige and Marilyn M. Segal. Zero to Three Press, 2005.

*Reading Magic: Why Reading Aloud to Our Children Will Change Their Lives Forever* by Mem Fox, Mariner Books, 2008.

Reading Tips for Parents. Reading Rockets.  
<http://www.readingrockets.org/article/18935/>  
(Available in 11 languages)

*The Read-Aloud Handbook* by Jim Trelease. Penguin Books, 2013.

## Writing

*Emerging Literacy: Young Children Learn to Read and Write* by Dorothy Strickland and Lesley Mandel Morrow. International Reading Association, 1989.

Learning to Write and Draw. Zero to Three, 2012.  
[www.zerotothree.org/early-care-education/early-language-literacy/writing-and-art-skills.html](http://www.zerotothree.org/early-care-education/early-language-literacy/writing-and-art-skills.html)

Scribbling and Drawing: All . . . Write. Center for Early Literacy Learning, 2010.  
[http://www.earlyliteracylearning.org/parentpg\\_todd.php](http://www.earlyliteracylearning.org/parentpg_todd.php)

Art of Writing: Get Write On It. Center for Early Literacy Learning, 2010.  
[http://www.earlyliteracylearning.org/parentpg\\_todd.php](http://www.earlyliteracylearning.org/parentpg_todd.php)

## Music & Dance

*101 Rhythm Instrument Activities for Young Children* by Abigail Flesch Connors. Gryphon House, 2004.

“Beyond Twinkle Twinkle: Using Music with Infants and Toddlers” by Rebecca Parlakian. National Association for the Education of Young Children, 2010.  
<https://www.naeyc.org/files/yc/file/201003/ParlakianWeb0310.pdf>

*Getting in Tune: The Powerful Influence of Music on Young Children’s Development* by Claire Lerner and Lynette A. Ciervo. Zero to Three, 2002.  
[www.zerotothree.org/child-development/social-emotional-development/music.pdf](http://www.zerotothree.org/child-development/social-emotional-development/music.pdf)

*Hand Rhymes* by Marc Brown. Puffin, 1993.

*The I Can’t Sing Book: For Grown-ups Who Can’t Carry a Tune in a Paper Bag ... But Want to do Music with Young Children* by Jackie Silberg. Gryphon House, 1998.

“Theater, Live Music, and Dance: Conversations about Young Audiences” by Susan Friedman. National Association for the Education of Young Children, 2010.  
[http://www.naeyc.org/files/tyc/file/Theater\\_live\\_music\\_and\\_dance.pdf](http://www.naeyc.org/files/tyc/file/Theater_live_music_and_dance.pdf)

*Young Children and Movement: The Power of Creative Dance* by Connie Bergstein Dow. National Association for the Education of Young Children, 2010.  
<http://www.naeyc.org/tyc/files/tyc/file/V6N1/Dow2010.pdf>

## Play

*125 Brain Games for Toddlers and Twos* by Jackie Silberg. Gryphon House, 2012.

*Big Body Play* by Frances M. Carlson. National Association for the Education of Young Children, 2011.

*Let's Play and Learn Together: Fill Your Baby's Day with Creative Activities that Are Fun and Enhance Development* by Roni Cohen Leiderman and Wendy S. Masi. Fair Winds Press, 2012.

*The Preschooler's Busy Book: 365 Creative Games and Activities to Keep Your 3- to 6-Year-Old Busy* by Trish Kuffner. Meadowbrook, 1998.

*Unplugged Play: No Batteries. No Plugs. Pure Fun.* by Bobbi Conner. Workman Publishing, 2007.

## Science

"10 Ideas to Get You and Your Child Exploring Outdoors" by Donna Satterlee, Grace Cormons, and Matt Cormons. National Association for the Education of Young Children, 2013.  
<http://families.naeyc.org/learning-and-development/music-math-more/10-ideas-get-you-and-your-child-exploring-outdoors>

*I Love Dirt! 52 Activities to Help You and Your Kids Discover the Wonders of Nature* by Jennifer Ward. Roost Books, 2008.

*Learning Games: Exploring the Senses Through Play* by Jackie Silberg. Gryphon House, 2006.

Nature Explore  
[www.natureexplore.org](http://www.natureexplore.org)

ParentTips: Scientific Thinking. Ready at Five.  
[www.readyatfive.org/raf/for-parents/parent-tips.html](http://www.readyatfive.org/raf/for-parents/parent-tips.html)

PBS Parents: Science Activities for Babies and Toddlers  
[www.pbs.org/parents/education/science/activities/babies-toddlers/](http://www.pbs.org/parents/education/science/activities/babies-toddlers/)

Science World at TELUS World of Science: Early Learning  
[www.scienceworld.ca/preschool](http://www.scienceworld.ca/preschool)

## Math

Developing Early Math Skills. Zero to Three, 2012.

[www.zerotothree.org/child-development/early-development/supporting-early-math-skills.html](http://www.zerotothree.org/child-development/early-development/supporting-early-math-skills.html)

“Early Math Learning Begins at Home,” Parents’ PLACE Bulletin, Volume 10, Number 2. Massachusetts Parent Information & Resource Center (PIRC), 2009.

[pplace.org/publications/bulletins/English/ppbulletinv10n2.pdf](http://pplace.org/publications/bulletins/English/ppbulletinv10n2.pdf)

(In Spanish and Portuguese at [pplace.org/publications/bulletin.php](http://pplace.org/publications/bulletin.php))

“Math Talk with Infants and Toddlers.” National Association for the Education of Young Children, 2012.

[families.naeyc.org/learning-and-development/music-math-more/math-talk-infants-and-toddlers](http://families.naeyc.org/learning-and-development/music-math-more/math-talk-infants-and-toddlers)

PBS Parents: Math

[www.pbs.org/parents/education/math/](http://www.pbs.org/parents/education/math/)

“The Patterns of Music: Young Children Learning Mathematics Through Beat, Rhythm, and Melody” by Kamile Geist, Eugene A. Geist, and Kathleen Kuznik. *Young Children*, January 2012, pp. 74–79.

[www.naeyc.org/files/yc/file/201201/Geist\\_Patterns\\_of\\_Music\\_Jan012.pdf](http://www.naeyc.org/files/yc/file/201201/Geist_Patterns_of_Music_Jan012.pdf)

## Media

PBS Parents: Children and Media: Computers: Preschoolers

<http://www.pbs.org/parents/childrenandmedia/computers-preschool.html>

PBS Parents: Children and Media: TV and Movies: Preschoolers

<http://www.pbs.org/parents/childrenandmedia/tvmovies-preschool.html>

“Technology and Interactive Media as Tools in Early Childhood Programs Serving Children from Birth Through Age 8.” A joint statement issued by NAEYC and Fred Rogers Center for Early Learning and Children’s Media at Saint Vincent College, 2012.

<http://www.naeyc.org/content/technology-and-young-children>

“Turning On or Tuning Out: The Influence of Media on Young Children’s Development” by Dr. Ellen Wartella (podcast). Zero to Three, 2013.

<http://www.zerotothree.org/about-us/funded-projects/parenting-resources/podcast/turning-on-or-tuning-out-the.html>