5-8 YEARS

Colorado Early Learning & Development Guidelines

GETTING COLORADO'S CHILDREN OFF TO A STRONG START

What children experience and learn from birth through third grade lays the foundation for their success. No matter the role we have in kids' lives – whether as first-time parents, teachers, childcare providers, or involved relatives, friends or neighbors – we all play an important part in their development.

The **Colorado Early Learning and Development Guidelines** offer practical tips that everyone can use to help our children get off to a happy and healthy start. Colorado's early childhood advocates and experts spent countless hours creating these Guidelines, which reflect the latest national research and broadly accepted strategies currently used statewide.

USING THE GUIDELINES IS SIMPLE:

1. Reference the Guidelines to learn about child development.
2. Try out the easy, age-appropriate tips and suggestions to help children learn.
3. Check back with the Guidelines as children grow so you can continue to support their development.

AS CHILDREN DEVELOP, PAY ATTENTION TO THEIR:

- Physical health
- Feelings and behaviors
- Problem-solving and learning

KEEP IN MIND:

The Guidelines describe how a typical child develops but it is important to understand that each child learns and grows at his or her own pace. Since all children are different, caregivers should talk with a health care provider or other trusted professional about any questions or concerns. For more information, please visit **EarlyLearningCO.org/contact**.

OFFICE OF EARLY CHILDHOOD

5-8 YEARS

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From ages five through eight, kids' thinking, feeling and growth will continue to develop. But as they transition into kindergarten, their learning will be more formal and focus on the subjects categorized in Colorado's Academic Standards:

- **Comprehensive Health and Physical Education.** Kids need to get enough rest and exercise. At this age, they should be able to follow directions and understand how to stay safe.
- **World Languages.** Learning a new language and about a new culture helps students to learn more about their own culture and experiences.
- **Reading, Writing and Communicating.** Kids may start to write the alphabet in kindergarten and write complete thoughts by third grade.
- **Mathematics.** Kids start learning their numbers and shapes in kindergarten, by the time they are in third grade, they may begin using those numbers to add, subtract, multiply and divide.
- **Science.** Kids learn about the earth, living things and the world around them.
- **Social Studies.** Kids will learn about history, geography, economics and government.
- **Music, Dance, Visual Arts and Drama.** Kids learn how to express themselves and build confidence through performance and the arts.

At this age, kids will also learn skills that will help in all of their learning, in life and in school. These skills may include understanding similarities and differences or being able to talk and write about their thoughts and ideas.

How you can help:

- Talk with kids and ask them questions about what they are learning at school.
- Visit their classrooms or attend school events. Contact their teachers when you have questions.
- Encourage kids to try different activities. Arrange outings to the library, zoo, park or museum.
- Write or make up stories together. You can start a story and let your child finish it or take turns.
- Provide healthy food, encourage exercise and take kids to the doctor for regular checkups.

For more information about **Colorado's Academic Standards** visit:
www.cde.state.co.us/standardsandinstruction/coloradostandards