

Age of Child	Focus of Development	Ask yourself: Is this a good activity to do with my child (Developmentally Appropriate)? If you answer yes to any of the questions, then it shows quality.
<p>5-6 years</p>	<p>Children in this age group enjoy pushing the limits on what their bodies can do. They want to know how high they can jump, how fast they can run, or how far they can throw.</p>  <p>They begin to build fine motor skills that will assist in helping the child begin handwriting, cutting, and drawing.</p> <p>They are interested in forming relationships with their peers and adults. They are starting to be concerned with how others feel about them and how they feel about others. They are also learning to problem solve on their own but will need some assistance from adults</p> <p>They are building language and literacy skills that will later turn into reading and spelling.</p> <p>Watch digital media with your child. Co-viewing is best when possible. Young children learn best when they can experience what they hear and see on the screen in the real world.</p>	<ul style="list-style-type: none"> ○ Does the activity include a safe place and the freedom for the child to jump, run, and throw while also teaching boundaries and limits? ○ Does the activity allow the child to use their hands, including activities that allow the child to freely write, draw and cut paper? ○ Does the activity allow for discussion and practice around group play and healthy relationships? ○ Does the activity allow the adult to offer praise or encouragement to the child? ○ Does the activity allow for problem solving with assistance and encouragement from an adult? ○ Does the activity introduce letter recognition, letter-sound recognition and sight word recognition? 