



## Ages & Stages

**Golden Pond School** is a fully-accredited private Preschool, Kindergarten, After School Enrichment and Summer Camp for ages 2-9 offering both Part-Time and Full-Day options. GPS provides an impressive brain-based curriculum and interactive learning environment. The warm and charming campus, highly-qualified teachers and creative curriculum make GPS the leader for early childhood learning.

*"I don't know what the magic formula is at GPS, but it works!"*

*-LCPS Teacher*

### Open Houses

Sunday, January 12th, 2020: 12-3pm

Saturday, February 1st, 2020: 10am-1pm

Wednesday, February 19th, 2020: 5-8pm

### Information Sessions

**KINDERGARTEN:** Wednesday, January 29th, 2020: 9-10am & 6-7pm\*

**JUNIOR KINDERGARTEN:** Thursday, January 30th, 2020: 9-10am & 6-7pm\*

*\*RSVP required for evening sessions*



# Developmental Milestones

**Developmental Milestones** are skills most children can achieve at a certain age. Understanding age appropriate development helps parents be aware of a child's growth and any problems that may occur as they get older. Children grow and develop at their own pace and it can be common for a child to be ahead in one area and a little behind in another - eventually the skills will even out.



## ***Emotional Development***

↳ The process of developing feelings and learning to express them appropriately.

## ***Social Development***

↳ How children interact and play with peers and adults in their lives.

## ***Gross Motor Development***

↳ A child's large motor skills progress as they grow physically including walking, running, skipping, climbing, ball skills and riding.

## ***Fine Motor Development***

↳ A child's small motor skills progress as they grow including hand grasp, drawing, writing, cutting skills, self help and feeding.

## ***Language Development***

↳ Receptive and Expressive language including how a child understands language and verbally communicates with others.

## ***Cognitive Development***

↳ Learning skills such as attention, memory and thinking and how children process sensory information, follow directions and problem solve while learning about Science, Math and Literacy.



# Support your Child's Developmental Growth

## Health

- ☛ Routine well-child medical visits

## Diet

- ☛ Healthy food

## Sleep

- ☛ 11-13 hours sleep/day

## Exercise

- ☛ Daily physical activity

## Screen Time

- ☛ Limit to 1 hr. or less/day

## Playtime

- ☛ Spend time with other children in preschool or play groups

## Interaction

- ☛ Read and talk to your child to strengthen language, be open to new ideas and learn social-emotional interactions

## Skills

- ☛ Encourage independence and self-help skills like getting dressed and using the bathroom

## Limits

- ☛ Limits help your child know what to expect; allowing exploration and a sense of safety and security

### The First Five Years are Forever

85%

Of A Child's Brain  
Development is Formed in  
the First Five Years

400

QUESTIONS A  
4-YEAR OLD ASKS  
PER DAY

10

New Words  
A Child Under Age 6 Can  
Learn In One Day



GPS is dedicated to building your child's brain and creating a foundation for future social and academic success.



# Social-Emotional Developmental Milestones



## Age 2

- 👉 Copies others especially adults and older children
- 👉 Excitement when with other children
- 👉 Increased independent behavior
- 👉 Defiant behavior that tests the limits
- 👉 Parallel play alongside peers
- 👉 Egocentric view of the their world

## Age 3

- 👉 Copies adults and friends
- 👉 Shows affection for friends without prompts
- 👉 Understands “mine”, “his” and “hers”
- 👉 Shows a wide range of emotions
- 👉 Separates easily
- 👉 May get upset with change in routine
- 👉 Dresses and undresses self
- 👉 Egocentric view of the their world

## Age 4

- 👉 Enjoys new things and activities
- 👉 Loves pretend play, especially roles like Mommy and Daddy
- 👉 Creative make-believe play
- 👉 Enjoys playing with other children
- 👉 Cooperative play emerges and children use the same materials toward a common goal
- 👉 Difficulty differentiating what is real and pretend
- 👉 Enjoys talking about likes and interests
- 👉 Egocentric view of the their world

## Age 5

- 👉 Wants to please and be like friends
- 👉 Likes to follow the rules
- 👉 Enjoys singing, dancing and acting
- 👉 Aware of gender
- 👉 Better understanding of real vs. pretend
- 👉 Shows more independence
- 👉 Can be both demanding and cooperative at times
- 👉 Begins to see other points of view

# Receptive and Expressive Language Developmental Milestones



## ***Age 2-3***

- 👉 Follows 1-2 part directions
- 👉 Points to body parts
- 👉 Understands what questions are
- 👉 Names actions like run and jump
- 👉 Uses 50-100 words
- 👉 Speaks in 2-3 word sentences
- 👉 Speaks in present tense

## ***Age 3-4***

- 👉 Follows 2-3 part directions
- 👉 Points to body parts when asked
- 👉 Understands more complex sentences
- 👉 Understands Who, What and Where
- 👉 Uses a 3-4 word sentence
- 👉 Tells us what they are doing
- 👉 Uses 1,500 words by age 4
- 👉 Uses regular plurals
- 👉 Uses pronouns you, I, me, mine, he and his
- 👉 Uses contracted negatives

## ***Ages 4-5***

- 👉 Knows color and shape words
- 👉 Talks about past and future
- 👉 Uses many pronouns
- 👉 Uses 4-5 word sentences

## ***Ages 5-6***

- 👉 Follows 3 step directions
- 👉 Understands time concepts like yesterday, today and tomorrow
- 👉 Uses adverbs and comparison words
- 👉 Uses 5+ words in a sentences



# Gross and Fine Motor Developmental Milestones



## Age 2

- 👉 Runs
- 👉 Walks up and down steps while not alternating feet
- 👉 Tries to stand on one foot
- 👉 Stands on toes momentarily
- 👉 Does a 3 piece puzzle
- 👉 Uses a pincer grasp
- 👉 Hand preference is strong
- 👉 Undresses mostly independently
- 👉 Turns pages singly
- 👉 Opens a door
- 👉 Holds a crayon in palm

## Age 3

- 👉 Walks on tiptoes for 5 steps
- 👉 Alternates feet on steps
- 👉 Runs well dodging around obstacles
- 👉 Jumps with two feet off a step
- 👉 Climbs a jungle gym with agility
- 👉 Enjoys swings
- 👉 Catches a large ball with straight arms
- 👉 Kicks ball
- 👉 Towers 5 one inch blocks
- 👉 Begins to hold a crayon with a three - four finger grasp
- 👉 Cuts paper in half
- 👉 Enjoys finger paint, clay and play dough
- 👉 Does finger play while singing song

## Age 4

- 👉 Walks up and down steps with alternating feet
- 👉 Walks forward on a beam
- 👉 Jumps
- 👉 Climbs a ladder
- 👉 Pumps while swinging
- 👉 Rides tricycle

- 👉 Catches large and small balls
- 👉 Begins to bounce a ball
- 👉 Attempts somersault
- 👉 Begins to skip
- 👉 Towers 6-10 one inch blocks
- 👉 Holds a pencil with a tripod grasp
- 👉 Copies +, /, Square and X
- 👉 Draws recognizable person with three parts
- 👉 Completes 8-10 piece puzzle
- 👉 Can snap, button large buttons and zip with occasional help
- 👉 Imitates hand games
- 👉 Pours milk from a pitcher
- 👉 Traces with stencil

## Age 5

- 👉 Stands on one foot with eyes closed
- 👉 Walks on a balance beam forward, backward and sideways
- 👉 Attempts to ride a bicycle
- 👉 Jumps rope
- 👉 Catches a bean bag with one hand
- 👉 Dribbles a ball
- 👉 Throws a tennis ball
- 👉 Uses skates, wagon and scooters well
- 👉 Kicks a rolling ball
- 👉 Can skip
- 👉 Copies shapes
- 👉 Wants to write
- 👉 Prints own name, some words and numbers  
0-5-Reversals are common
- 👉 completes a 6-12 piece puzzle
- 👉 Can snap, button and zip independently
- 👉 Cuts complex shapes

# Cognitive Developmental Milestones



## Age 2

- 👉 Finds things when hidden under two or three covers
- 👉 Begins to sort shapes and colors
- 👉 Completes sentences and rhymes in familiar books
- 👉 Plays simple make-believe games
- 👉 Builds towers of 4+ blocks
- 👉 Might use one hand more than the other

## Age 3-4

- 👉 Names some colors
- 👉 Understands same/different and starts comparing sizes
- 👉 Pretends and fantasizes more creatively
- 👉 Follows three-part commands
- 👉 Recalls parts of a story
- 👉 Understands time better like morning, afternoon and night
- 👉 Understands the concept of counting and knows some numbers
- 👉 Sorts objects by shape and color
- 👉 Completes age-appropriate puzzles
- 👉 Recognizes and identifies common objects and pictures
- 👉 Approaches problems from a single point of view

## Age 5

- 👉 Knows address and phone number
- 👉 Recognizes most letters of the alphabet
- 👉 Counts 10+ objects
- 👉 Knows at least 4 colors
- 👉 Understands the basic concepts of time
- 👉 Knows what household objects are used for like money, food and appliances



# Have fun at home!

- 1.** Find an object in your house that begins with each letter in your name.
2. Make something in the kitchen involving the use of **measuring cups**.
3. After a rainstorm, **go outside and find things** for every color of the rainbow.
- 4.** Go outside and find things for the **sense of touch**—things that are smooth, rough, prickly, sharp, hard, soft, dry or wet. Make a log of your discoveries!
5. **My Picture Story**—Have your child draw a picture and then tell you about it. Write your child’s story on the back and then read it to them.
- 6.** **Measure items in your house** by the length of your finger, hand and arm. Make a chart. Then try measuring using a ruler. Compare the results!
7. **Write a letter or thank you note** to someone special.

**8.** **Make a scrapbook** of your adventures.

**9.** **Go on a nature hike**, collect things and put them in a picture.

**10.** Pretend you are a **GIANT**.

**11.** Make a list of everything you can find that is **YELLOW!**  
Next try your favorite color!

**12.** **Hunt for rocks**—See if you can find 10 unusual rocks.

**13.** **The “What’s Missing?” game:** Find 4-6 objects and arrange them on a tray. Have someone look at them for 5 seconds and then cover their eyes while you take one of the items away. Can they guess what is missing?

**14.** Have a **paper airplane contest**; who can make a paper airplane that flies the furthest?

**15.** **The “Direction Game”** Have someone tell you three directions and see if you can do them correctly and in the right order. *Example:* Clap your hands 5 times. Look out the window. Come back to the kitchen.



# Notes



A series of horizontal blue lines for writing notes, consisting of 18 evenly spaced lines.

