

## TRANSLATED RESOURCES – Landing Page (Somali)

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### *What is "Thrive by Five Washington"?*

**Thrive by Five Washington** is a public-private partnership created in 2006 and led by education, government and business leaders. We're committed to every child having the opportunity to thrive by the time they're five.

But to make that happen, Washington state must do something different than it has done in the past to support young children and their families. We need to make sure families that need child care can find nurturing, safe, high-quality and affordable care. We need to make available to all families information and resources about young children's healthy development that are accessible, affordable and easy to use. And we need to do a better job of working together.

That's where Thrive by Five Washington comes in. We bring together people, resources, and proven programs and practices – from around the state and around the world – to help create the early learning supports, services and system Washington families need. We also do everything possible to communicate and champion the importance of the learning that's occurring between birth and age 5.

### *Children begin learning the moment they are born.*

Your facial expressions, your touch, your voice – everything you do and say – helps your child learn. Your loving care directly affects your child's development, including how she expresses and manages her emotions, how successful she is in relating to others, and her excitement and curiosity for learning.

By the time children are 6 years old, their brain is 90 percent of its adult size. At no other time in your child's life will her brain grow this quickly. Every day you can help your child grow in healthy ways. When children feel safe and loved, this strengthens their connections to you and helps them grow in every way.

### **Everyday ways to help your child learn:**

- *Turn every day moments into learning.* Make a trip to the grocery store a learning game by pointing out shapes and colors and letting your child help pick out fruit.
- *Use meal time as a way for your baby to explore new textures, colors and tastes.* When feeding your baby, talk about the food and how it feels, looks and tastes.
- *Model good listening and conversation skills for your child.* Let him know that what he says is important to you by listening to him closely and responding to his questions.
- *Help your child learn about empathy by modeling empathy to him when he is sad.* Rub his back, give him a hug, listen to him and tell him you understand.
- *When reading books, talk about what the characters are feeling.* Share a story about when you had a similar feeling. This helps your child learn how to understand and communicate about her emotions.

***When you share books and stories with your child right from birth, you are strengthening your bond and helping him learn...***

- Cuddle-up and share books together every day.
- Point to the pictures and ask your child questions.
- Use silly voices and act out the characters.
- Let her tell you the story.
- Sing songs and play rhyming games together.
- Scribble, draw and write together.
- Share stories with your child about when you were little.

## Resources for Parents & Caregivers

Parents are a child's first and most important teachers, caregivers and decision makers. In their earliest years, children learn primarily through relationships. Parents, grandparents, friends and neighbors are all important for creating valuable interactions where a child feels safe, loved, appreciated and challenged to learn. The resources listed below provide useful guidance to help parents and caregivers provide every child with a great start.

The **Thrive Communities** are local partnerships designed to serve as a model for how a community-wide approach to early learning can improve the development of all children birth to age 5 and their readiness to enter school.

In 2006, White Center, located south of Seattle, and east Yakima were chosen to be the Thrive Communities because of their strong local leadership, diverse populations, size and community commitment to improving early learning.

Each community will develop a continuum of programs for children birth to age 5, their parents and caregivers. Some of the services and programs that will be offered include home visitation for expectant families; play-and-learn groups for toddlers; resources to support language and literacy development; parenting activities; and a kindergarten transition program.

*To learn more about the Thrive Communities, visit the following links:*

- [WHITE CENTER: White Center Early Learning Initiative](#)
- EAST YAKIMA: Ready by Five

**School Readiness:** Each year, more than 80,000 children in Washington state enter kindergarten. It's a big step and an exciting time for children and families. And as your child gets closer to entering school, you will regularly hear phrases like "school readiness," "ready to learn," "ready for school" or "readiness skills."

Children who are "ready" have specific skills and information that will help them succeed in school. They ...

- are excited about learning
- able to work with others
- are familiar with books, letters, sounds, shapes, colors and numbers
- take care of their personal needs, such as putting on a coat
- follow simple directions
- stay focused on an activity for 15 minutes or more
- do large and small muscle activities, such as cut with scissors or ride a tricycle

But school readiness is about much more than whether an individual child is ready. Many people have a role to play in ensuring children enter kindergarten ready to be successful!

Thrive by Five Washington and our public partners, the state Department of Early Learning and the Office of Superintendent of Public Instruction, believe the kindergarten readiness equation is:

***Ready children + Ready schools + Ready parents and families + Ready communities = SUCCESS***

*Learn more about school readiness and what you can do to encourage children's early learning in simple ways every day and help them be ready to start school...*

[Foundation for Early Learning](#): Getting School Ready is a free guide for parents, families and caregivers.

#### **Parental support and choosing child care:**

[Child Care Resources \(CCR\)](#) helps families in challenging situations find answers to child care questions. Parents who work evenings or weekends, children with special needs, families struggling to manage the cost of care and homeless families can all find personalized and in-depth information, referrals and help.

[Early Childhood Education and Assistance Program \(ECEAP\)](#) is a comprehensive preschool program that provides free services and support to eligible children and their families, including early learning preschool; family support and parent involvement; and child health coordination and nutrition. Children are accepted into ECEAP based on age, family income, or other reasons that they would benefit from education, family support, and health services. *ECEAP Enrollment Form*

#### **Child health and safety:**

[MedlinePlus](#) is a service of the U.S. National Library of Medicine and the National Institutes of Health