



# Resources for Families

## Preparing for Preschool

Prepared by Dr. Aprel Barnes, Pediatrician, Cooperative Health

### Physical Health

#### **HealthyChildren.org**

[Healthy Sleep Habits](#)

[Movement Milestones for Preschoolers](#)

[Developmental Milestones 4 and 5-year-olds](#)

[Feeding and Nutrition for 4 and 5-year-olds](#)

[The Power of Play](#)

### Emotional/Social Health

#### **HealthyChildren.org**

[Social Development in Preschoolers](#)

[Building Important Life Skills Through Play](#)

[Using their words](#)

#### **Raisingchildren.net.au**

[Preschoolers](#)

#### **PBS.org**

[Helping Preschoolers Cope With Separation](#)

[Anxiety](#)

#### **Raisingchildren.net.au**

[Social Anxiety in Children](#)

### School Readiness

#### **HealthyChildren.org**

[Is your child ready for kindergarten?](#)

#### **Parents.com**

[8 Ways to Prepare Your Kid for the First Day of Kindergarten](#)

#### **Scholastic.com**

[Preparing for the first day of school](#)

#### **Playtolearnpreschool.us**

[Is your child ready for kindergarten?](#)

### Cognitive Health

#### **HealthyChildren.org**

[How to Reinforce Your Child's Learning](#)

[Cognitive Development in Preschoolers](#)

[Family Media Plan](#)

#### **Raisingchildren.net.au**

[Preschoolers](#)

#### **PBS.org**

[Research proves Super Why!](#)

#### **Commonsensemedia.org**

[Parents Ultimate Guide to YouTube](#)

[Parents Ultimate Guide to TikTok](#)

[Pew Center July 2020 – Parenting in the Age of Screens](#)

#### **How educational are “educational” apps for young children?**

App store content analysis using the Four Pillars of Learning framework, Journal of Children and Media

#### **Digital Play – Plowman 2020**

Marisa Meyer, Jennifer M. Zosh, Caroline McLaren, Michael Robb, Harlan McCafferty, Roberta Michnick Golinkoff, Kathy Hirsh-Pasek & Jenny Radesky (2021)

