

welcome to the born learning[®] trail!

Did you know that learning is happening all the time?

For ways to learn together, just look for the *Born Learning Trail* signs. By playing and exploring you help young children get ready for success in school and in life.

Together, you can turn everyday moments into learning moments.

Happy trails!



For more ideas visit
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watch learn stop play

Let your child lead the way.

Try this:

* Watch what your child likes to do. Is it playing with other children, looking at bugs or heading for the slide?

* Do the things your child likes to do.

* Is your child staring or pointing at something? Ask, "What do you see?"

Trail tip: When you follow a child's lead, curiosity and confidence grow.



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look

learn laugh

Take time to pay attention to your child.

Try this:

- * Stand in the circles, looking at each other. Make each other smile or laugh.
- * Hold hands, give your child a hug, a smile or a pat on the back.
- * Watch, listen and learn. See what your child looks at, talks about and does.

Trail tip: Paying attention to children helps them to feel special and secure.



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talk

listen sing

Talk it up while you play.

Try this:

- * Listen to the birds. Ask, “What are they saying? Can you sing like them?”
- * Talk with your child. Ask, “What should we do next?”
- * Make up silly stories or songs. Sing, “Swing, swing, bo, bing ...”

Trail tip: Talking and singing with children teaches them words and gets them ready to read.



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say see
point
read

Start your child on the road to reading.

Try this:

- * Point to the letters painted on the ground. Say the sound each letter makes.
- * Think of words or names that start with A, B or C.
- * Point and say, "I see a tree. What rhymes with tree?" Take turns.

Trail tip: Playing with letters and sounds helps children get ready to read.



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imagine
create
pretend

Turn any time into story time.

Try this:

- * Tell stories about yourself and your family. Begin with "When I was little...."
- * Look around for story ideas. See a bird? Say, "Once there was a bird named"
- * Have your child help tell the story. Ask, "What do you think the bird likes to do?"

Trail tip: Storytelling can grow a child's ability to imagine and listen.



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jump
clap
skip
move

Get your child up and active.

Try this:

- * Pretend to move like an animal. Walk like a duck or jump like a frog.
- * Walk backwards or skip. Can your child do the same?
- * Ask your child to do what you do. Clap or wave your hands. Point. Smile.



Trail tip: Physical activity exercises a child's body and mind.



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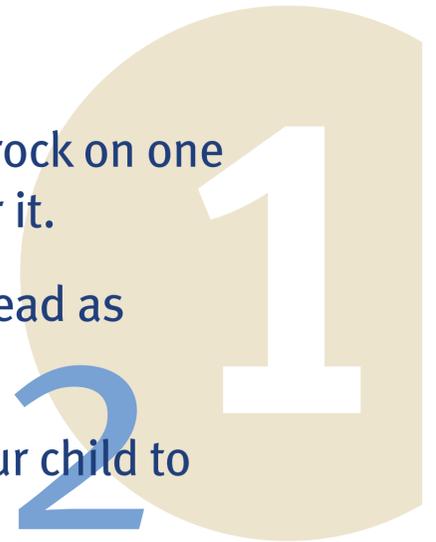
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hop
toss
shake wiggle

Get up and moving with your child.

Try this:

- * Play hopscotch. Toss a small rock on one of the squares. Then hop over it.
- * Wave your arms or tap your head as you hop.
- * Call out a number and ask your child to stand on it. Take turns.



Trail tip: Games like these will get children's brains and bodies moving.



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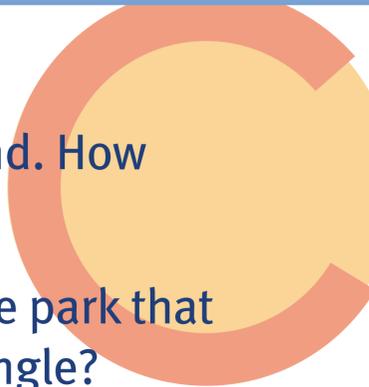
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describe
compare
learn

Turn simple ideas into learning games.

Try this:

- * Look at the shapes on the ground. How are they the same? Different?
- * Can you find anything else in the park that is shaped like a circle or a rectangle?
- * Ask your child to stand inside (or outside) the square.



Trail tip: Looking at the world in a new way helps children get ready for reading and math.



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look
listen
touch think

Learn about the world around you.

Try this:

- * Find a flower or a tree. Touch it. Talk about it. (Is it hard or soft? Rough or smooth?)
- * Compare things, like flowers or leaves. (Which are bigger? Smaller?)
- * Talk about these bits of nature. (Did they fall from a tree? Grow up from the ground?)



Trail tip: Exploring the things around you helps children learn how to solve problems.



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