

Parent Resources for your 5 - 7 year-old child



Finances

1. **Setting Goals** Tell your child how you make choices about what you need versus what you want to purchase – and how you set goals for each.
2. **Want vs. Need** Ask your child to think of an item they would like to start saving for, like a new bike. Ask them: do they need it or want it?
3. **Money Saving Tips** Talks with your child about how much money they will need to save for the item they choose – and help them make a plan for saving their allowance money towards it.



Health

1. **Picking Healthy Snacks** Try making this healthy snack with your child: Peel a banana and spread peanut butter over it. Roll in granola or other cereal. Enjoy!
2. **Let's Go** Help your child practice “5-2-1-0” daily at home! Eat five fruits and vegetables, NO MORE than two hours of screen time, one hour of physical activity and zero sugary drinks. www.LetsGo.org
3. **Family Mealtime** Do not underestimate the importance of family mealtime; take time to sit down together. www.LetsGo.org.



Literacy

1. **Create a Book Together** Fold pieces of paper in half and staple them to make a book. Ask your child to write sentences on each page and add illustration.
2. **I Read to You, You Read to Me** Take turns reading aloud at bedtime.
3. **Once is Not Enough** Encourage your child to re-read favorite books and poems—especially any Raising Readers books you received from your healthcare provider! Re-reading helps kids read more quickly and accurately.



Science & Math

1. **Smells** The fresh food aisles of the market contain many new and exciting smells. And smell is an important tool for science. Spend a few moments near the apples and take a deep breath. “Do apples smell the same as melons? Let’s find out.”
2. **Weighing Produce** Wonder aloud: “I wonder which is heavier, these five apples or these five pears?” Ask your child to help you answer the question using the scales in the produce department. The scale is a ‘real world’ science tool!
3. **Comparison Shopping** Ask your child to find something on your list, such as skim milk. Then together compare the nutritional labels of skim milk with whole milk, noting the differences.