

## Ready4K meets the highest level of evidence for research-based parenting curricula

Ready4K meets the highest level of evidence for parenting curricula as defined by the Office of Head Start’s National Center on Parent, Family, and Community Engagement. It’s listed under both Group-Based and Home-Based delivery in the Parenting Curricula Databases located on the Early Childhood Learning and Knowledge Center (ECLKC) website.

The databases assist Head Start and Early Head Start programs in choosing a parenting curriculum to meet Head Start Program Performance Standards, specifically 45 CFR §1302.51.

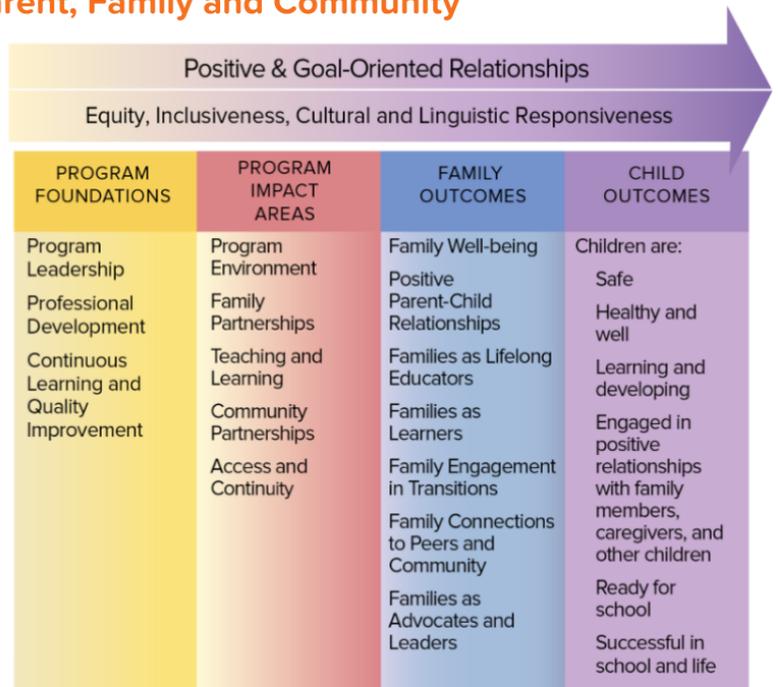
Across a series of randomized controlled trials led by Ready4K’s founder Dr. Ben York and Stanford University researchers, the Ready4K approach has been shown to increase parental involvement at home and school, driving 2-3 months of learning gains (York & Loeb, 2018; Cortes, Fricke, Loeb & Song, 2018; Doss, Fahle, Loeb & York, 2018; Cortes, Fricke, Loeb, Song & York, 2019).

## Ready4K supports the Head Start Parent, Family and Community Engagement Framework

Ready4K empowers families with the information and emotional support to act as their child’s first and most important teacher.

Our continuous birth-to-8th grade, whole child curriculum promotes family well-being, positive relationships, child transitions, and involvement at school, supporting families as lifelong learners and leaders.

Programs can also use the Ready4K platform to link families to community events and resources.



## Ready4K is aligned with the Head Start Early Learning Outcomes Framework

Ready4K addresses each of the Central Domains in the Early Learning Outcomes Framework, and content is available in multiple languages. Please see sample Ready4K messages in each Domain on the back.

	Central Domains				
	Approaches to Learning	Social and Emotional Development	Language and Literacy	Cognition	Perceptual, Motor, and Physical Development
Infant / Toddler Domains	Approaches to Learning	Social and Emotional Development	Language and Communication	Cognition	Perceptual, Motor, and Physical Development
Preschooler Domains	Approaches to Learning	Social and Emotional Development	Language and Communication	Mathematics Development	Perceptual, Motor, and Physical Development
			Literacy	Scientific Reasoning	

	Central Domains				
	Approaches to Learning	Social and Emotional Development	Language and Literacy	Cognition	Perceptual, Motor, and Physical Development
<b>FACT (Monday)</b>	<b>FACT:</b> Being able to name feelings like happy, sad and angry, helps children understand their emotions. This knowledge helps kids calm down when they're upset.	<b>FACT:</b> Children are excited to learn all about themselves. The more they learn, the more self-esteem and confidence they have to thrive in school.	<b>FACT:</b> Asking your child questions throughout the day builds their language skills. Language skills help kids read, write, talk, and understand others.	<b>FACT:</b> When children count objects 1-by-1, they learn that we count to find out "how many." This is a big step towards learning harder math skills.	<b>FACT:</b> Children are naturally active. They love to run, kick & throw. When you get active every day, you help them develop the muscles to grow & thrive.
<b>TIP (Wednesday)</b>	<b>TIP:</b> During dinner, play "guess how I'm feeling." Make a happy face and ask, "Can you guess how I'm feeling?" Try sad and excited and then have your child try.	<b>TIP:</b> In the morning, look in the mirror together. Take turns naming your child's qualities: You have brown eyes, you are kind, you are smart, you are fast.	<b>TIP:</b> Start your day with a silly question. In the morning, ask, "If you could ride an animal to school, what would you pick? Why?" Share your answer too!	<b>TIP:</b> As you do the laundry, count the socks 1-by-1 with your child. When you're done, ask, "How many socks did we put in the wash?"	<b>TIP:</b> Move like animals all day. Can your child slither out of bed like a snake? Waddle to the bathroom like a penguin? Stretch like a giraffe as they dress?
<b>GROWTH (Friday)</b>	<b>GROWTH:</b> Keep naming emotions to prepare 4K. At bedtime, ask your child to share how they're feeling using words. Can they make a face to show the emotion too?	<b>GROWTH:</b> Keep helping your child build confidence! As you look in the mirror, share things about your family, like where you live and what traditions you share.	<b>GROWTH:</b> Keep asking questions to prepare 4K! After school, ask about your child's day. You can ask: "What's one fun thing that happened at school today?"	<b>GROWTH:</b> Keep counting everyday objects. You're preparing 4K! Now see if your child can count the shirts all on their own as you put them away.	<b>GROWTH:</b> Keep moving. You're getting ready 4K! Now get really active. Head outside and run like different animals. Can your child stay active for 30 minutes?