

**Actions Parents can take now
to help build the skills for their children
that empower academic success**

Ages 0-5

This is the most critical stage of brain development for any student.

Review the information on the following website:

<https://buildthefoundation.org/initiative/first-2000-days/>

There are many simple activities families can do with their children during this period that build the foundational skills that empower reading success. The activities are free or require minimal resources such as books, which can be obtained for free from local libraries.

Read Aloud

Read aloud with your children daily for 20 minutes whenever possible.

It is best if the children can sit in your lap and see the book as you read.

This helps to build letter and word awareness.

Great resource, <https://www.trelease-on-reading.com>

Talk

Talk often using adult language.

Hearing language often helps to build auditory processing skills and vocabulary.

The more words a child hears the better.

The nature of the interactions also matters.

Have uplifting conversations as much as possible.

It is still important to discipline and guide, but acceptance of failure and encouragement is key.

Once a child can talk, engage in discussion where you ask for critical feedback.

Build critical thinking skills.

Memory

Play games that build memory skills.

Visual memory is critical for learning how to read.

Build background knowledge

Read books aloud that build background knowledge.

Watch TV and videos that build knowledge.

Discuss important topics.

Go on field trips, such as museums.

Play

Get outdoors often.
Explore nature.
Walk in the woods.
Play as much as possible.
Build strength.

Nurture

Consistency in homelife as much as possible is important.
Proper nutrition and sleep are important.

Understand what Adverse Childhood Experiences are.

<https://www.cdc.gov/violenceprevention/pdf/preventingACEs.pdf>

Social emotional skills, Mindset

Social emotional skills help us to manage emotions, build healthy relationships and feel empathy.

<https://pathways.org/topics-of-development/social-emotional/>

Mindset and self-esteem impact how we view ourselves and deal with failure, so it helps us to grow. There are several presentations on our website on this topic with additional references.

<https://rise1000x.org/knowledge-base/>

Many of these activities can be continued into elementary school as appropriate.

Elementary School

Reading success is foundation to academic success.

Ideally, a student will achieve reading proficiency by 3rd grade.

Currently, about two thirds of students nationwide are not scoring proficient in reading by 4th grade. Why?

Most students who struggle in elementary school entered kindergarten lacking key foundational skills that were not developed fully ages 0-5—The Skill Gap.

Most schools do not understand and properly address the Skill Gap. They just keep pushing more of the same instruction that is not working for these students.

We have identified great online tools that can help to identify and close the Skill Gap for most students. Summaries of these tools are located on our website with additional references. Please review these materials to learn more. Families can use these tools at home to help their children build the full set of skills needed to achieve reading success.

<https://rise1000x.org/knowledge-base/>

Visual processing

Most people think of an eye exam and glasses only when it comes to visual.

The optical system of the eye is important for receiving and transmitting visual stimuli to the brain.

However, the brain must process these signals properly to read.

There are several aspects of visual processing that can be checked easily at home and addressed if needed. Please review the Visual Processing Presentation on the training page of our website.

Reading Kingdom

Reading Kingdom is a unique reading approach.

It takes the best of existing curricula and adds key advanced elements that most reading programs do not address well.

It is an online program that can be done at home.

There is a presentation on the training page that goes into more details about the program.

Gibson Test of brain skills

Most people agree on the importance of every child having an eye exam and hearing exam to make sure these elements are functioning properly.

Knowing if the brain is processing information properly is of equal importance.

Until recently, there was no easy and affordable way for parents to evaluate the cognitive skills of their students. Now there is.

More information is available on the training page of our website.

Brain training

Strong cognitive skills make learning easier, faster, and more effective.

Weak cognitive skills make learning harder, slower, and less effective.

Fortunately, there are online training resources available that can help to strengthen weak cognitive skills.

More information:

<https://rise1000x.org/program/>

<https://rise1000x.org/knowledge-base/>