

# Trauma-Informed Pre-Kindergarten (Ages 3-4) Content Framework

Ready4K's Pre-K 3 and 4 Trauma-Informed Content Framework Overview provides the overarching topics and an expanded view of each topic that is included in our Trauma-Informed family engagement curriculum delivered via text message.

<b>Social and Emotional Competence of Children</b>	<ul style="list-style-type: none"> <li>• Self-Awareness and Self Esteem</li> <li>• Relationships, Family, and Community</li> <li>• Emotional Understanding, Self-Regulation, and Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Executive Functioning and Independence</li> <li>• Health, Motor Development, and Safety</li> </ul>
<b>Knowledge of Parenting and Child Development</b>	<b>Language and Literacy</b>	
	<ul style="list-style-type: none"> <li>• Speaking and Listening</li> <li>• Vocabulary Growth and Development</li> <li>• Phonics and Phonological Awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Print, Book, and Alphabet Knowledge</li> <li>• Reading: Comprehension and Text Structure</li> <li>• Writing</li> </ul>
	<b>STEAM: Science, Technology, Engineering, Art, and Math</b>	
	<ul style="list-style-type: none"> <li>• Math and Science: Measurement and Data</li> <li>• Math and Science: Geometry and Spatial Sense</li> <li>• Math and Science: Scientific Reasoning</li> </ul>	<ul style="list-style-type: none"> <li>• Technology and Engineering (Building and Inventing)</li> <li>• Art and Creative Expression</li> </ul>
<b>Social Connections</b>	<b>Play</b>	
	<ul style="list-style-type: none"> <li>• Active Play</li> <li>• Pretend and Dramatic Play</li> </ul>	<ul style="list-style-type: none"> <li>• Games and Cooperation</li> </ul>
<b>Parental Resilience and Self-Care</b>	<ul style="list-style-type: none"> <li>• Parental Self-Care</li> <li>• Parental Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Parental Social and Emotional Learning</li> <li>• Parental Executive Functioning Skills</li> </ul>
<b>Concrete Supports in Times of Need</b>	<ul style="list-style-type: none"> <li>• Basic Needs and Job Assistance</li> <li>• Medical, Dental, and Mental Health Resources and Information</li> <li>• Addiction Treatment, Recovery and Prevention Programs</li> <li>• Violence, Abuse, and Crisis Supports</li> <li>• Cultural Resources</li> </ul>	<ul style="list-style-type: none"> <li>• Immigrant, Migrant, and Refugee Services and Resources</li> <li>• Parenting Support and Family Engagement Activities</li> <li>• School and Readiness Information and Resources</li> <li>• Family-Friendly Places and Experiences</li> </ul>

# SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN

Ready4K's Trauma-Informed curriculum is created on a continuum. Social and emotional skills are practiced and strengthened as children learn, grow, and develop. The activities and strategies offered promote interactions to support children's ability to recognize, communicate, and regulate their emotions. Additional focus is placed on building skills to support healthy family and peer relationships.

## Self-Awareness and Self-Esteem

- Awareness of personal qualities
- Identifying likes and dislikes
- Expressing pride
- Practicing positive self-talk
- Celebrating growth, development, and learning
- Communicating thoughts and opinions
- Encouraging self-expression through conversations, play, art, dance, and pretend

## Executive Functioning and Independence

- Following directions
- Trying new things to build confidence and independence
- Planning and preparing in daily life
- Developing routines to build a sense of security
- Preparing for change
- Goal setting
- Encouraging independence in daily tasks (All-by-Myself Jobs)

## Relationships, Family, and Community

- Sharing
- Helping jobs
- Building turn-taking skills through play
- Developing identity through interactions with family and friends
- Recognizing similarities and differences
- Engaging with peers
- Celebrating family traditions
- Using kind and polite words

## Health, Motor Development, and Safety

- Engaging in daily physical activity
- Developing fine motor skills
- Developing gross motor skills
- Preparing for and maximizing wellness visits
- Building independence in self-care routines (e.g., tooth brushing, handwashing)
- Exploring safety rules in daily life
- Discovering why safety rules are important

## Emotional Understanding, Self-Regulation, and Resilience

- Expressing feelings in multiple ways
- Identifying, naming, and managing emotions
- Talking about how other people feel (emerging empathy)
- Responding to others' emotional needs
- Learning how to relax
- Building positive behaviors and self-regulation skills
- Developing impulse control
- Building strategies for navigating challenges (e.g., deep breathing)
- Developing strategies for easing frustration or anger

# ACADEMIC SUPPORTS: Knowledge of Parenting and Child Development

Ready4K's Trauma-Informed curriculum strengthens parents' and caregivers' understanding of child development to help them best meet their child's evolving needs. Children's learning, growth, and continued development is supported through scaffolded academic supports that provide information, activities, and strategies.

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| <ul style="list-style-type: none"> <li>• Building awareness that development happens within a range</li> <li>• Equipping families with information about age-appropriate behaviors and milestones</li> <li>• Creating routines to promote learning, connection, and independence</li> <li>• Encouraging language-rich conversations</li> </ul> | <ul style="list-style-type: none"> <li>• Promoting child-led learning</li> <li>• Exploring learning through play</li> <li>• Encouraging open-ended experimentation</li> <li>• Building and strengthening parental and caregiver advocacy skills</li> <li>• Increasing capacity to read and understand your child's cues</li> </ul> |
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## LANGUAGE AND LITERACY

Speaking and Listening	Print, Book, and Alphabet Knowledge
<ul style="list-style-type: none"> <li>• Developing expressive and receptive language</li> <li>• Conversation modeling</li> <li>• Understanding and using non-verbal cues</li> <li>• Using questions to build language skills and spark conversation</li> <li>• Promoting self-expression through dramatic and pretend play</li> </ul>	<ul style="list-style-type: none"> <li>• Building a love of books</li> <li>• Accessibility and exposure to books</li> <li>• Exploring parts of a book</li> <li>• Picture exploration</li> <li>• Developing reading routines</li> <li>• Encouraging interactive reading</li> <li>• Recognizing and naming the letters of the alphabet</li> <li>• Developing letter-sound correspondence</li> <li>• Recognizing own name in print</li> <li>• Identifying the letters in first and last name</li> <li>• Differentiating between upper and lower-case letters</li> <li>• Exploring sight words and environmental print</li> </ul>
Vocabulary Growth and Development	Reading: Comprehension and Text Structure
<ul style="list-style-type: none"> <li>• Building vocabulary through hands-on daily interactions</li> <li>• Learning new words through songs and singing</li> <li>• Exploring compound words</li> <li>• Learning new words in multiple contexts</li> <li>• Building vocabulary through dramatic and pretend play</li> <li>• Exploring position words</li> </ul>	<ul style="list-style-type: none"> <li>• Building comprehension skills through storytelling</li> <li>• Connecting illustrations with a story to build understanding</li> <li>• Retelling a story using pictures</li> <li>• Sharing key details of a book or story</li> <li>• Using dramatic and pretend play to build comprehension</li> </ul>
Phonics and Phonological Awareness	Writing
<ul style="list-style-type: none"> <li>• Using rhyming games and word play to build phonological awareness</li> <li>• Developing rhyme recognition</li> <li>• Generating words that rhyme</li> <li>• Listening for and identifying the beginning sounds in words</li> <li>• Sounding out simple C/V/C words</li> <li>• Breaking words into beats (syllabication)</li> </ul>	<ul style="list-style-type: none"> <li>• Using a variety of different writing tools</li> <li>• Discovering the purpose of writing</li> <li>• Building emergent writing skills</li> <li>• Practicing letter writing through interactive games</li> <li>• Finding child-led opportunities to write</li> <li>• Expressing thoughts and ideas through drawing</li> <li>• Using dictation to record thoughts and ideas</li> <li>• Writing first and last name</li> </ul>

# STEAM: SCIENCE, TECHNOLOGY, ENGINEERING, ART, AND MATH

Math and Science: Measurement and Data	Technology and Engineering (Building and Inventing)
<ul style="list-style-type: none"> <li>• Selecting, describing, and comparing two objects</li> <li>• Collecting and grouping items based on how they are alike or different</li> <li>• Math Talk: Understanding and using shorter and taller to compare the length of two objects</li> </ul>	<ul style="list-style-type: none"> <li>• Building new objects using everyday materials</li> <li>• Asking open-ended questions</li> <li>• Offering opportunities for problem solving</li> <li>• Making predictions using existing knowledge base</li> <li>• Encouraging the use of everyday objects in new ways (e.g., wooden spoon as a drumstick)</li> <li>• Supporting exploration, experimentation, and observation</li> <li>• Using knowledge of patterns, shapes, and measurements to experiment and create</li> </ul>
Math and Science: Geometry and Spatial Sense	
<ul style="list-style-type: none"> <li>• Recognizing and naming shapes in our daily world</li> <li>• Identifying shapes and combining shapes to create new ones</li> <li>• Building and drawing shapes</li> <li>• Math Talk: Understanding and using position words to describe where you are or where an object is located</li> </ul>	
Math and Science: Scientific Reasoning	Play
<ul style="list-style-type: none"> <li>• Asking open-ended questions</li> <li>• Problem solving during daily routines</li> <li>• Making predictions using existing knowledge base</li> <li>• Building new objects using everyday materials</li> <li>• Using knowledge of patterns, shapes, and measurement to experiment and create</li> </ul>	<ul style="list-style-type: none"> <li>• Building self-expression skills through art and music</li> <li>• Offering opportunities to draw and create</li> <li>• Exploring rhythm, dance, and music</li> <li>• Using songs and singing to encourage learning</li> </ul>

## PLAY

Active Play	Pretend and Dramatic Play	Games and Cooperation
<ul style="list-style-type: none"> <li>• Offering opportunities for child-led learning</li> <li>• Encouraging daily physical activity</li> <li>• Exploring learning through active and physical play</li> </ul>	<ul style="list-style-type: none"> <li>• Offering opportunities for imagination-driven play</li> <li>• Exploring and experimenting with social and emotional roles</li> </ul>	<ul style="list-style-type: none"> <li>• Building patience and cooperation through game play</li> <li>• Developing turn-taking skills</li> </ul>

# SOCIAL CONNECTIONS

Ready4K's Trauma-Informed curriculum strengthens parents' and caregivers' ability to seek out, build, and maintain social connections.

## Peer, Family, and Community Connection

- Identifying trusted relationships
- Building skills that support healthy, reciprocal relationships
- Identifying opportunities for social connection
- Understanding the benefits of feeling connected
- Developing routines for ongoing connection

## Home and School Partnership

- Getting to know your child's teacher
- Communicating during pick-up and drop-off
- Finding the best way to communicate with your child's teacher (email, phone, text)
- Parent-teacher communication: questions to ask
- Providing positive feedback to the teacher

## Connecting at Home

- Creating home reading routines
- Exploring your child's schoolwork
- Creating opportunities for learning at home
- Asking questions that spark conversation about school

## Connecting at School

- Using the teacher as a resource
- Getting to know your child's classroom

# PARENTAL RESILIENCE AND SELF-CARE

Ready4K's Trauma-Informed curriculum builds parent and caregiver capacity to manage, cope, and respond to parenting and life stressors.

## Parental Self-Care

- Recognizing the need for and positive impact of caring for oneself
- Developing self-care routines
- Understanding the importance and health benefits of body movement
- Connecting with nature
- Building healthy sleep habits
- Practicing and implementing strategies for recharging

## Parental Resilience

- Developing and strengthening reflective practices
- Increasing capacity for parental mentalization
- Increasing parental capacity for emotional regulation
- Practicing and implementing strategies to build resilience
- Building capacity for navigating daily stress and challenging moments
- Developing strategies for seeking help when needed
- Developing awareness of own needs

## Parental Social and Emotional Learning

- Building confidence
- Celebrating strengths
- Practicing and implementing stress management and coping strategies
- Being emotionally available
- Building a growth mindset
- Recognizing and acknowledging your own emotions
- Practicing mindfulness
- Strengthening positive relationships
- Strengthening personal agency

## Parental Executive Functioning Skills

- Building routines to support self and family
- Exploring goal-setting strategies
- Exploring organizational practices
- Increasing understanding of the effects of emotional regulation

# CONCRETE SUPPORTS IN TIMES OF NEED

Ready4K's Trauma-Informed curriculum provides direct links to nationally vetted resources and local resources in a secondary messaging stream.

## Resource Topics

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| <ul style="list-style-type: none"> <li>• Basic Needs and Job Assistance</li> <li>• Medical, Dental, and Mental Health Resources and Information</li> <li>• Addiction Treatment, Recovery and Prevention Programs</li> <li>• Violence, Abuse, and Crisis Supports</li> <li>• Cultural Resources</li> </ul> | <ul style="list-style-type: none"> <li>• Immigrant, Migrant, and Refugee Services and Resources</li> <li>• Parenting Support and Family Engagement Activities</li> <li>• School and Readiness Information and Resources</li> <li>• Family-Friendly Places and Experiences</li> </ul> |
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