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What's Birth To Five?

Birth-To-Five is a local initiative dedicated to increasing awareness and engagement in early literacy practices for children, parents and caregivers. Literacy begins much earlier than when children are first taught to read in pre-k and kindergarten, starting even before birth.

Birth-To-Five believes that opening a book opens doors for children, introducing them to endless possibilities. Every page is a new adventure that awakens opportunity, curiosity, and inspires young minds.

Birth To Five

Let's Learn Together!

An interactive guide to early literacy for children and parents

How your child LEARNS:

Every moment with your child is a chance to learn and connect.

Literacy begins much earlier than kindergarten or Pre-K. **80%** of a child's brain growth happens between **ages 0-3**, and their brains are **90%** developed by **age 5**! This means that they are constantly learning and making new connections every day that are essential to their growth.

From helping them get dressed in the morning to reading them a bedtime story at night, simple everyday actions help build your child's brain.
No fancy toys are needed - just you, your child, and the **Serve and Return method**. Serve and return is initiated by children making a noise or movement, which a parent or caregiver responds to in the form of words, eye contact, or gestures.

The pages in this book are filled with simple, interactive games you can play with your child to strengthen your bond and improve their literacy from an early age.

Everyday Activites

Add these activities to your daily routine to improve your child's literacy!

1. Color Hunt
Say, "Find something red!" and let your child point it out. This can be done anywhere, and it helps build color and object recognition.

2. Name That Sound
Ask your child to identify everyday noises (such as a dog barking, running water, or shoes squeaking) to grow vocabulary and listening skills.

Parent-child bonding games

1. Silly Faces
Help your child learn about feelings by making silly or serious faces together! Take turns showing an emotion (happy, sad) and have your child guess what it is.

2. Family Dance Party
Turn on your favorite song and dance together! Encourage your child to come up with new moves and follow along. Dancing supports rhythm, confidence, and physical development, and it's a perfect way to share laughter and connection as a family.

Birth To Five

Sticky Note Scavenger Hunt

Try this sticky note scavenger hunt to build your child's letter recognition and memory

Step 1: Take sticky notes and write a random letter of the alphabet on each note

Step 2: Hide them around the room

Step 3: Tell your child to find the letters and bring them back to you each time

Step 4: Congratulate your child and repeat the letter back to them. "You found the letter B!"

Step 5: If your child is old enough, you can add word association too, such as "what word starts with the letter B?"

For more early literacy games and resources, scan the QR code to visit our resource hub for parents and caregivers!