



## **1st Grade "Building Foundations: 1st Grade Steps to Success"**

Here's a comprehensive 36-week 1st-grade college and career readiness program designed for parents. This program will focus on the skills, knowledge, and support parents need to help their children succeed in first grade and beyond. Since the program runs during June, July, and August, you can organize three sessions per week to cover all 36 topics.

### **Month 1: Building a Strong Foundation**

#### **Week 1: Understanding 1st Grade Milestones**

- **Session 1:** Introduction to First Grade Expectations
- **Session 2:** Key Developmental Milestones in First Grade
- **Session 3:** Creating a Supportive Home Learning Environment

#### **Week 2: Enhancing Social and Emotional Skills**

- **Session 4:** Developing Emotional Awareness in Children
- **Session 5:** Encouraging Positive Social Interactions
- **Session 6:** Handling Peer Pressure and Bullying

#### **Week 3: Language and Literacy Development**

- **Session 7:** Supporting Reading Fluency and Comprehension
- **Session 8:** Building Vocabulary and Language Skills
- **Session 9:** Encouraging Writing and Storytelling

#### **Week 4: Cognitive and Critical Thinking Skills**

- **Session 10:** Promoting Problem-Solving and Logical Thinking
- **Session 11:** Engaging in Science and Exploration
- **Session 12:** Introducing Simple Math Concepts

## **Month 2: Supporting Academic Growth**

### **Week 5: Physical Development and Wellbeing**

- **Session 13:** Importance of Physical Activity for Growth
- **Session 14:** Encouraging Healthy Eating Habits
- **Session 15:** Developing Fine and Gross Motor Skills

### **Week 6: Literacy and Numeracy Skills**

- **Session 16:** Reading Strategies for Early Learners
- **Session 17:** Basic Math Skills: Addition and Subtraction
- **Session 18:** Fun with Numbers and Shapes

### **Week 7: Fostering Creativity and Imagination**

- **Session 19:** Encouraging Artistic Expression
- **Session 20:** Music and Movement for Creative Growth
- **Session 21:** The Role of Imagination in Learning

### **Week 8: Building Independence and Responsibility**

- **Session 22:** Encouraging Self-Help and Responsibility
- **Session 23:** Time Management and Organizational Skills
- **Session 24:** Setting Goals and Achieving Them

## **Month 3: Preparing for Success in School**

### **Week 9: Understanding the School Environment**

- **Session 25:** Navigating School Rules and Routines
- **Session 26:** Preparing for Parent-Teacher Conferences
- **Session 27:** Understanding Report Cards and Assessments

### **Week 10: Supporting Learning at Home**

- **Session 28:** Creating a Homework Routine
- **Session 29:** Balancing Screen Time and Learning
- **Session 30:** Engaging in Educational Activities

## Week 11: Managing Behavioral Challenges

- **Session 31:** Addressing Behavioral Concerns
- **Session 32:** Encouraging Positive Behavior
- **Session 33:** Strategies for Conflict Resolution

## Week 12: Building Community Connections

- **Session 34:** Engaging with Other Parents
- **Session 35:** Participating in School Events and Activities
- **Session 36:** Accessing Community Resources for Support

## Program Format and Delivery

### Session Structure:

- **Duration:** Each session should last about 1-1.5 hours.
- **Format:** Combination of presentations, interactive activities, group discussions, and Q&A.
- **Materials:** Handouts, activity guides, and resource lists for parents.

### Delivery Mode:

- **In-person Workshops:** Held at local community centers or schools.
- **Virtual Sessions:** For parents who prefer online participation.
- **Supplementary Materials:** Online resources, videos, and reading lists.

## Program Goals

- **Empower Parents:** Equip parents with the tools to support their child's learning journey.
- **Promote Academic Success:** Ensure children meet and exceed first-grade learning objectives.
- **Build Community:** Foster a supportive network among parents, educators, and community members.

This program provides a well-rounded approach to supporting first-grade students, ensuring they are equipped with the skills they need to thrive in their academic journey. By focusing on key areas of development and education, parents can play an active role in their child's success.