

Illinois Early Learning Tip Sheets

*IEL tip sheets are easy-to-read, one-page resources on a variety of topics of interest to parents, teachers, and caregivers of young children. All tip sheets are available in English, Spanish, and Polish. Many are also available in French, Arabic, Korean, and Simplified Chinese. You can download all PDFs from our website and include them in printed or online correspondence such as newsletters, emails, text messages, or social media posts. You also can print them directly from our website. Here is our entire list of tip sheets. Graphic tip sheets are in **bold**.*

- Asthma: Easing the Wheezing
- Autism: Be Aware of the Signs
- Building Endurance: Let's Get Physical!
- Bullying Hurts Everyone
- Children's Social Competence Checklist
- Children's Votes Count!
- Choosing Child Care for Infants & Toddlers
- Collaborating with Interpreters and Families
- Conference Time! Talking to Your Child's Teacher or Caregiver
- Connecting with Parents: "But He Doesn't Do That at Home!"
- Cooperation Across the Preschool Curriculum: Science
- Cooperation in the Preschool Classroom: Class Discussions
- **Counting Up, Down, and All Around!**
- CSI: Child Scientist Investigates!
- The Curious Child
- Dealing with Distraction
- Dealing with Parental Guilt
- Dental Health for Babies and Young Children
- **Discover Letters and Words**
- **Discover Shapes in Many Places**
- Do You Hear What I Hear?



Check out our
tip sheets online!



All
tip sheets



Graphic
tip sheets



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Illinois
State Board of
Education

- Drama and Young Children
- Ease Those First-Day Blues!
- Eating Right = Healthy Children
- Encouraging Child-to-Child Conversation
- Encouraging Scientific Thinking: Rain or Shine
- Encouraging Words
- Engaging Every Child
- Eyes Right! Find Amblyopia Early
- Eyes Right! Your Child's Vision
- **Feelings Are Fantastic**
- Fight Germs! Wash Your Hands!
- Five Tips on Choosing a Preschool
- Food Allergy Awareness
- Freedom to Grow
- Fun at Home with Preschoolers: Getting Ready to Read!
- Fun at Home with Preschoolers: Let's Measure!
- Fun at Home with Preschoolers: Play with Light & Shadow
- Fuss Management: Comforting the Irritable Child
- Fuss Management: Planning Ahead to Prevent Tantrums
- Games for All Young Children
- Get Growing: From Seeds to Sprouts
- Get Growing: Learning about Seeds
- Get Growing: Planning a Garden with Young Children
- Get Growing: Planters and Preschoolers
- **Get Ready to Read**
- **Get Them to School Every Day**
- Getting Ready for Kindergarten
- Getting Ready to Read and Write in Childcare
- The Gift of Words: Conversation and Routines
- The Gift of Words: Reading and Games
- **Going to Kindergarten?**
- **Healthy Children Eat Right**
- Helping Children Develop "Impulse Control"
- Helping Children Handle Disappointment
- Helping Children Learn to Get Along
- Helping Preschoolers Learn in Two Languages
- Helping Siblings Get Along
- Helping the Often-Angry Child
- Helping Your Child Learn in Two Languages
- Inclusion in Preschool Classrooms
- **Investigate Together**
- It Takes Money: Economics for Preschoolers
- **Keep Up the Good Work**
- **Keep Young Children Safe in the Car**
- **Keeping Healthy and Safe: Arriving at School or Childcare**
- **Keeping Healthy and Safe: Face Coverings**
- **Keeping Healthy and Safe: Fighting Germs**
- **Keeping Healthy and Safe: Physical Distancing**
- **Keeping Healthy and Safe: Play Time**
- **Keeping Healthy and Safe: Smaller Group Sizes**
- **Keeping Track of Important Information**
- Kids Who Care
- Learning and Fun on Family Field Trips
- **Learning by Listening to Language**
- Let's Talk About ... Diversity, Equity, and Inclusion
- Let's Talk About ... Race, Ethnicity, and Young Children
- Let's Talk About ... Young Children and Family Structures
- Let's Talk About ... Young Children and Religious Diversity
- Let's Talk About ... Young Children with Disabilities and Their Families
- Let's Talk About ... Young Dual Language Learners and Their Families
- Lice Aren't Nice!
- Literacy across the Preschool Curriculum
- Make Room for Blocks!
- Making and Keeping Friends
- **Making Sense of Numbers**
- Making the Holidays Memorable and Meaningful
- Manners and Preschoolers
- Math Sense: Learning about Coins
- Natural Illinois: Birds
- Natural Illinois: Butterflies and Moths
- Natural Illinois: Frogs and Toads
- Natural Illinois: Insects
- Natural Illinois: Leaves Are All Around

- Natural Illinois: Mammals
- Natural Illinois: Rock On!
- Natural Illinois: The Trees You See
- Neighborhood Geography with Young Children
- No More Diapers: Getting Started
- No More Diapers: Is Your Child Ready?
- Observing Your Child in Preschool
- Old Home, New Home, Our Home
- Organized Sports and Young Children
- Out and About with Preschoolers: Close Up with Visual Arts
- Out and About with Preschoolers: Dancing on the Sidewalk
- Out and About with Preschoolers: Literacy Activities
- Out and About with Preschoolers: Make Some Music
- Out and About with Preschoolers: Science in the “Built Environment”
- Out and About with Preschoolers: Sunshine Science
- Out and About with Preschoolers: The Places You’ll Go!
- Out and About with Preschoolers: Visual Arts
- Outdoor Field Trips with Preschoolers: Being There!
- Outdoor Field Trips with Preschoolers: Deciding Where to Go
- Outdoor Field Trips with Preschoolers: Follow Up!
- Outdoor Field Trips with Preschoolers: Planning Ahead
- Outdoor Field Trips with Preschoolers: Preparing with the Children
- Outdoor Play: Weather or Not
- Path to Math: Beginning Numbers
- Path to Math: Classification
- Path to Math: Geometric Thinking for Young Children
- Path to Math: Measurement with Young Children
- Path to Math: More Numbers
- Path to Math: More Word Problems for Preschoolers
- Path to Math: Real Graphs for Preschoolers
- Path to Math: Word Problems for Preschoolers
- Pets and Young Children
- Physical Fitness for Preschool-Age Children
- Physical Fitness for Toddlers
- Play and Self-Regulation in Preschool
- Play Right—Don’t Bite!
- **Play With Your Toddler—Indoors**
- Playground Physics: Hang in There!
- Playground Physics: On a Roll!
- Playground Physics: Watch for Falling Objects!
- Please Don’t Go! Separation Anxiety and Children
- **Positive Guidance for Young Children: Be Consistent**
- **Positive Guidance for Young Children: Be Thoughtful**
- **Positive Guidance for Young Children: Plan Ahead**
- **Positive Guidance for Young Children: Take a Break and Calm Down**
- The Power of the Pen: Drawing and Scribbling
- The Power of the Pen: Let Children Choose Writing Centers!
- Predicting: Helping Preschoolers Look Ahead
- Preventing Lead Poisoning in Children
- Project Approach for Preschoolers
- Project Approach: Anticipating What Children Might Learn
- Project Approach: Children Taking Surveys
- Project Approach: Helping Children Ask Questions
- Project Approach: Helping Preschoolers Represent What They Learn
- Project Approach: Including Every Child
- Project Approach: Phase 1—Choosing a Topic to Investigate
- Project Approach: Phase 1—Getting Started
- Project Approach: Phase 2—Doing Fieldwork
- Project Approach: Phase 2—Getting Ready for Fieldwork
- Project Approach: Phase 3—Concluding the Project
- Protecting Children from Preventable Disease
- **Read and Write Together**
- **Read with Your Toddler!**
- Real Work: Preschoolers Can Help

- Remember When ...
- **Returning to Childcare During COVID-19**
- **Rights of Families Experiencing Homelessness**
- Say What You Mean! Talking Straight to Children
- Say Yes to Healthy Snacks!
- Say Yes to the Mess! Play with Rocks
- Say Yes to the Mess! Snow Time
- Say Yes to the Mess! Water Works
- Sensory-Friendly Events
- Sharing Books with Your Baby
- Sharing Books with Your Preschooler
- Sharing Books with Your Toddler
- SIDS: Back to Sleep
- Sing, Play, and Hear: Music's in the Air
- Small Child, Big Stress?
- **Sorting, Classifying, and Organizing**
- Special Education Assessment for Preschool-Aged Children: Participating in the Assessment
- Special Education Assessment for Preschool-Aged Children: Referral and Getting Started
- Special Education Assessment for Preschool-Aged Children: Reviewing Results and Next Steps
- Starting Kindergarten? Help Make It a Good Experience!
- **Supporting Adult-Child Relationships**
- **Supporting Children with Limited Verbal Skills**
- Take a Bold Approach to Shyness
- **Talk, Listen, and Learn**
- **Talk Together**
- **Talking to Your Child's Teacher**
- Teaching Children to Avoid "Stranger Danger"
- Tearless Transitions
- **Tech Time for Infants and Toddlers**
- **Tech Time for Young Children**
- Things Change
- **Things to Do While You're Waiting: Art Is All Around**
- Things to Do While You're Waiting: Art Works!
- **Things to Do While You're Waiting: Curious Young Scientists**
- **Things to Do While You're Waiting: Get Physical**
- Things to Do While You're Waiting: Language and Literacy
- Things to Do While You're Waiting: Learning Activity Kits
- Things to Do While You're Waiting: Math
- **Things to Do While You're Waiting: Math Is Everywhere**
- **Things to Do While You're Waiting: Music and Movement**
- Things to Do While You're Waiting: Music, Sound, and Movement
- Things to Do While You're Waiting: Physical Activities
- Things to Do While You're Waiting: Science
- Things We Need: Economics for Preschoolers
- Time for Preschoolers: Duration
- Time for Preschoolers: In Sequence!
- Time to Play, Time to Dream: Uncheduling Your Child
- Too Sick to Go to Child Care?
- Toys from Throwaways: Boxes
- Toys from Throwaways: Let's Recycle!
- **Trauma-Informed Care in the Classroom**
- Understanding Trauma and Young Children
- Using Predictable Books with Young Children
- Using Words to Discipline Children
- What Is an IEP?
- What Is Assessment?
- What Is Developmental Screening?
- What Makes a Good Toy?
- What's Next? Predictions at Story Time
- When Children Mourn
- When Should I Send a Sick Child Home?
- When the Teacher Calls...
- Who Are the People in Your Neighborhood?
- Who's the Leader?
- **Work and Play Together**
- Young Authors at Work: Literature Response Journals
- Young Authors at Work: Story Dictations
- Young Children Need to Play!
- Young Children's Mental Health: What Is Essential?
- Your Child's First Day in Preschool
- ZZZs, Please! Bedtime for Preschoolers