



Getting dressed

Brushing my teeth

Making friends

Please

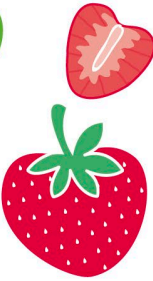
and

Thank you

How to Be a

Big

Kid



Trying new foods



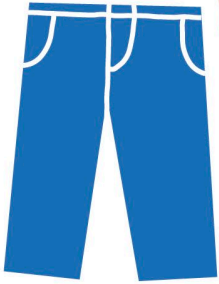
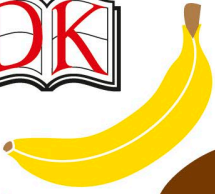
How am I feeling?



Left and right



Tying shoelaces







How to Be a  
**Big**  
Kid



Penguin  
Random  
House

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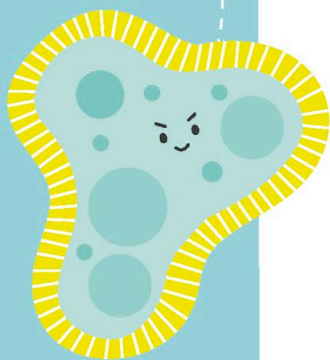
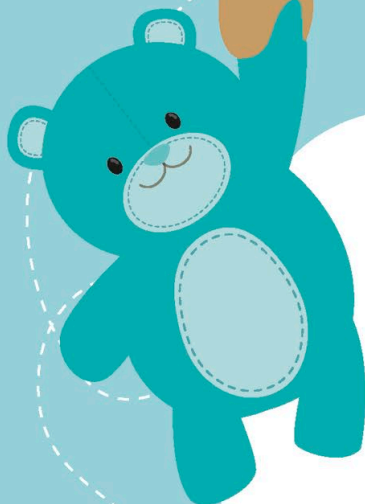
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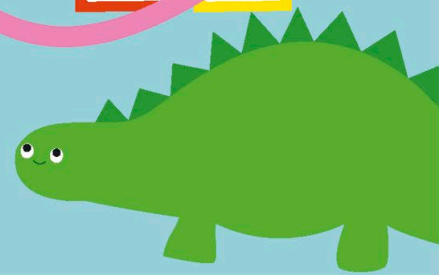






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# All about you!

From the color of your eyes to the shape of your nose, you are one of a kind from the day you are born. And every day since then, you've become even more special.

No one in the whole world looks like you. We all have different faces and bodies, as well as different hair, eye, and skin colors.

*You are completely unique, totally special, and perfectly you.*

No matter how you look, you are perfect just as you are.



All the things that you like,  
from your favorite toys to the  
friends and family you love,  
also make you who you are.

The choices you make are  
also a part of you. Being kind  
and friendly are choices  
that you make every day.  
What will you choose today?

## Your name is who you are!

Practice writing the letters in your  
name to learn how to spell it.

Here are some  
ways you can  
practice.

With a pen  
or pencil  
on paper

With  
pebbles

With  
modeling clay

In the air  
with your  
finger

With a  
stick in  
the sand

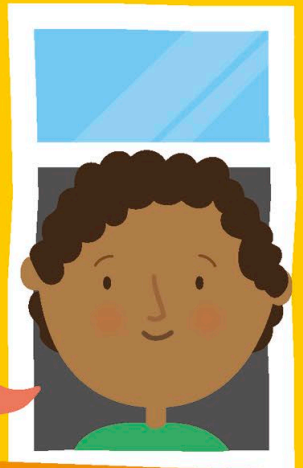
In a steamed-  
up mirror  
or window

# Who's in your family?

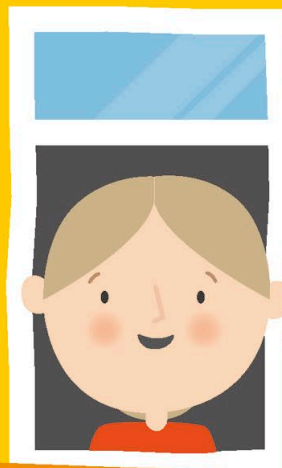
Your family is made up of the people who take care of you, make you feel safe, and love you no matter what.



Hello! I live with my mom and dad.

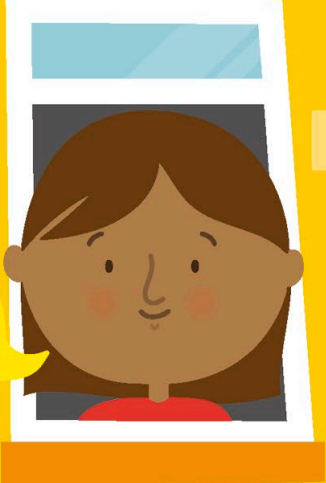


Hey! I have a mom, a dad, two sisters, and three brothers.




Hi! I was adopted by my mom and dad.



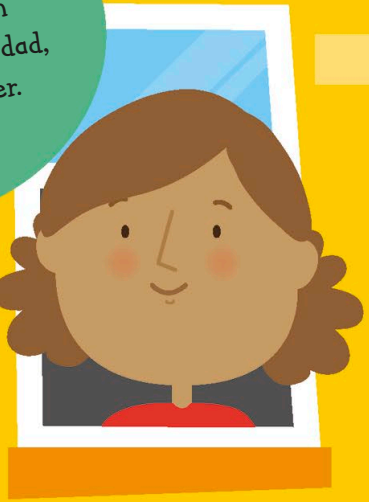


Hi! My sisters and I have two dads who take care of us.


Each family is different and special.



Hello! My mom takes care of my brother and me.



Hey! I live with my mom, my stepdad, and stepbrother.



## New siblings

Is there a new baby in your family?

**Congratulations!**

Here are some things you can do together to be friends.

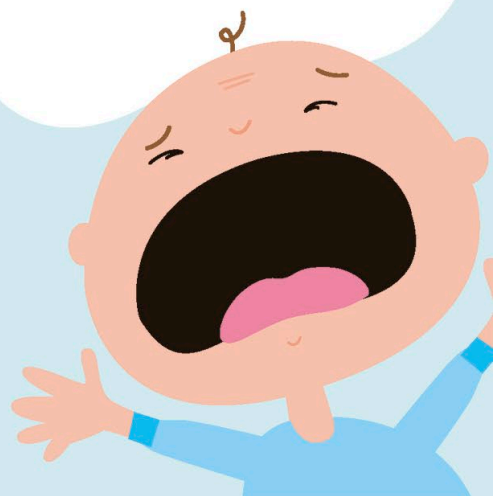
Cuddle the baby.

Play with the baby.

Read to the baby.

Talk to the baby.

Babies cry because they can't talk yet, but babies can understand words before they can speak. Chat to your baby to help them learn faster.



# How do you feel today?

Emotions are important because they tell you how you feel. All your feelings are worth listening to.



**Face game**  
Can you guess how the people around you are feeling today?  
How can you tell?

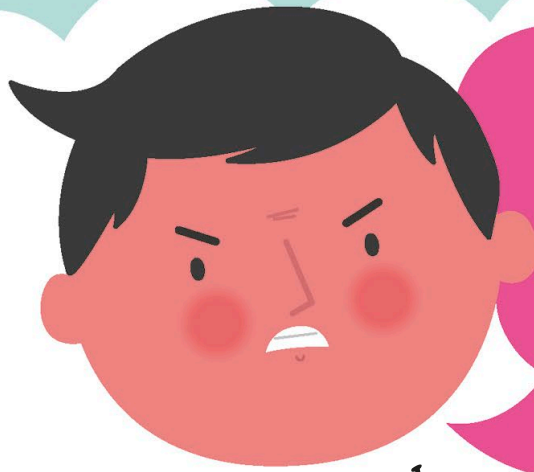


**I'm all shy!**

If you feel shy, sometimes words just don't want to come out. That's okay, you just need to take a deep breath. You will get more confident with some practice.



nervous



angry

If I get very upset, my emotions want to come out all at once! I take a breath to calm down and use my words to say how I feel.

Look at all these emotions. Can you think of things that make you feel like this?

lonely

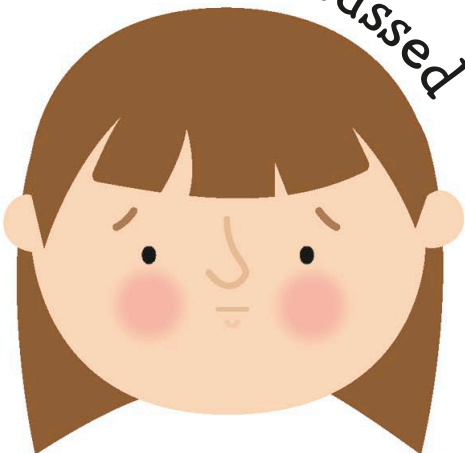


sad



grumpy

embarrassed



## What are tears?

Tears are drops of salty water that come from a pouch near the eye. People cry when they are sad or hurt, but also if they are happy and laughing. Weird!



Hello!

It's nice  
to meet you.

Saying "hello" is a nice  
way to greet someone.

# Very important manners

Being polite shows others  
that you care about their  
feelings. Your best manners  
make people smile!



Ask nicely  
by saying  
"please."

Please  
can you help me?



Thank  
you  
for my present!  
I love it!

Saying "thank  
you" shows that  
you are grateful.







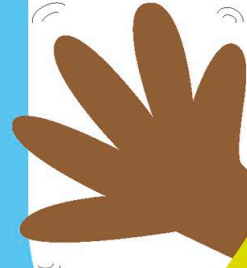
If you need to interrupt someone or get their attention, say "excuse me."

**Excuse me!**

This is really important.

**Bye!**

See you later!



Don't forget to say "good-bye" when you leave.

I am really, really **sorry**  
I hurt your feelings.

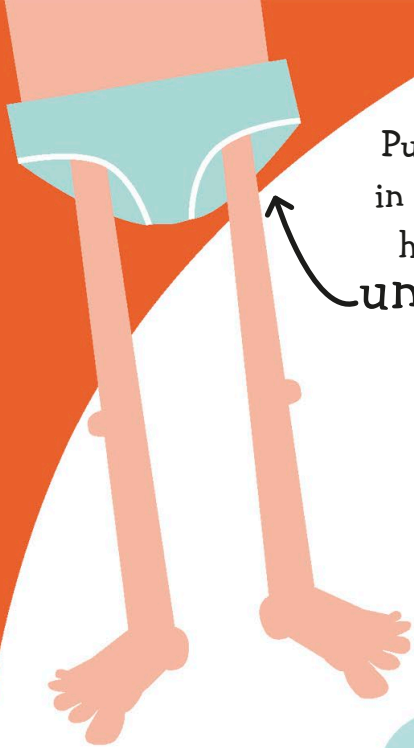


**Apologizing** shows that you know you were wrong and won't do it again.

## Nervous giggles

Lots of children giggle when they are yelled at because they feel embarrassed. If this happens to you, try to stay calm and listen so that you can learn.





Put your legs  
in the two small  
holes of your  
underpants.



Socks go on your feet.

## Underpants go first

Useful things to know  
when you get dressed.



Shoes go  
on this way.

Put your  
feet here!



Do gloves go on your ears?

No! Gloves go on your hands!



Shoelaces can be tricky when you start off, so ask someone to show you how to do it. If you practice a lot you'll be doing your own laces very soon!



## Zipper or buttons?



Most buttons are done up by putting the button through the **buttonhole**.

Zippers are made up of little teeth that come together to close. Pull the zipper up to bring the teeth together.

Check the label so you put your shirt the right way around. The label goes in the back.

Try laying out your clothes on the floor before putting them on to make sure they're not inside out.



# What will you wear today?

Pick the perfect clothes for you to wear today.

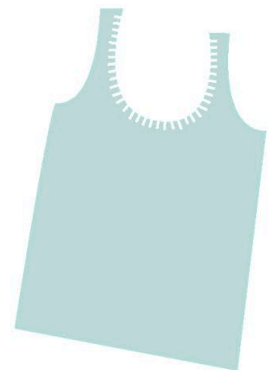
## Spring

In **spring**, there are showers and rainbows. Can you find a raincoat, rain boots, an umbrella, and a rain hat?



## Summer

In **summer**, the weather is sunny and hot. Can you find a sun hat, sunglasses, shorts, a T-shirt, and sandals?





## Fall

In **fall**, the weather is cool and windy.

Can you find a sweater, a scarf, pants, and shoes?



## Winter

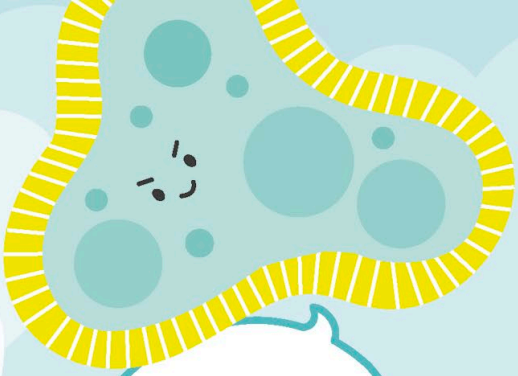
In **winter**, it's cold and it sometimes snows.

Can you find snow boots, a coat, a knitted hat, and gloves?



# Squeaky clean from head to toe

Here's a little guide to making  
sure you always feel (and smell)  
as fresh as a daisy.



**Germs** are tiny  
little things that  
can make you  
feel **sick**.



## But **WHY** do I have to be clean?

Apart from making sure you don't  
become all smelly and itchy, being  
clean helps to keep germs away.



### Tissues ready!

Blow your nose by closing  
your mouth and blowing  
as hard as you can, out of  
your nostrils into a tissue.



Don't forget to  
throw tissues  
in the garbage!



### Catch those germs!

Cover your mouth when you  
cough to stop germs from  
spreading to other people.  
Then wash your hands.

## Wash your hands!

Keep your hands germ-free by washing them well with soap and water, especially before eating.

## Shower time

Take a shower or a bath to wash yourself with soap and water. Make shower time more fun by singing as loudly as you can!

## Take care of your nails

Your nails keep growing all the time. Have them clipped to keep them short and tidy.

## Brush your hair

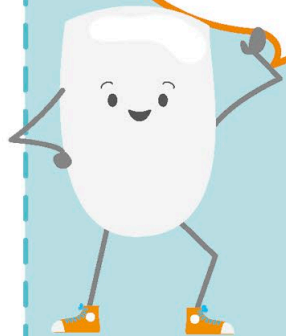
Brush or comb your hair to keep it from getting tangled.

Shampoo makes your hair shiny and clean. Keep your eyes closed!



Hello, teeth!

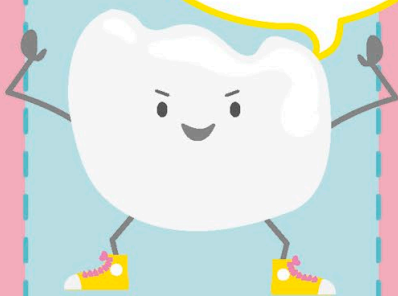
I'm a front tooth:  
an **incisor**. My sharp  
edge cuts food.



I'm a side tooth: a  
**canine**. I am pointy  
to tear food.



I'm a big back  
tooth: a **molar**. I mash  
food into tiny bits.



# Sparkly teeth

Your teeth need you to take care of them so they stay **healthy** and sparkling. Brush them **twice a day** for **two whole minutes**.



Dentists are special teeth doctors. They check and clean your teeth to make sure they are healthy.

Wobbly  
tooth



When you're ready for grown-up teeth, your baby teeth become wobbly and fall out. This makes space for your big teeth!



## But **WHY** should I brush my teeth?

Brushing helps to protect your teeth against germs that make little holes (cavities) in your teeth.

Sugary things like soda pop and candy can also damage your teeth.

## How to brush your teeth (and do a really, really good job)

- 1 Squeeze a little blob of toothpaste onto your toothbrush.
- 2 Move your brush up and down over your teeth.
- 3 Keep brushing for two minutes, making sure you brush the front, back, and underneath parts of your teeth.
- 4 Spit out the toothpaste and rinse your toothbrush.
- 5 All done! Your teeth are sparkly clean and minty fresh.

Get a grown-up to help you floss, which helps to clean between your teeth!

# Potty time

If it's time to be out of diapers, it's time to learn what to do with a grown-up toilet.

If you need the bathroom, don't wait until it's an emergency.

Bathrooms outside of houses, like at school or in restaurants, can be different from the bathrooms you have at home. If you feel unsure about them, check with a grown-up.

**1** Sit on the toilet.

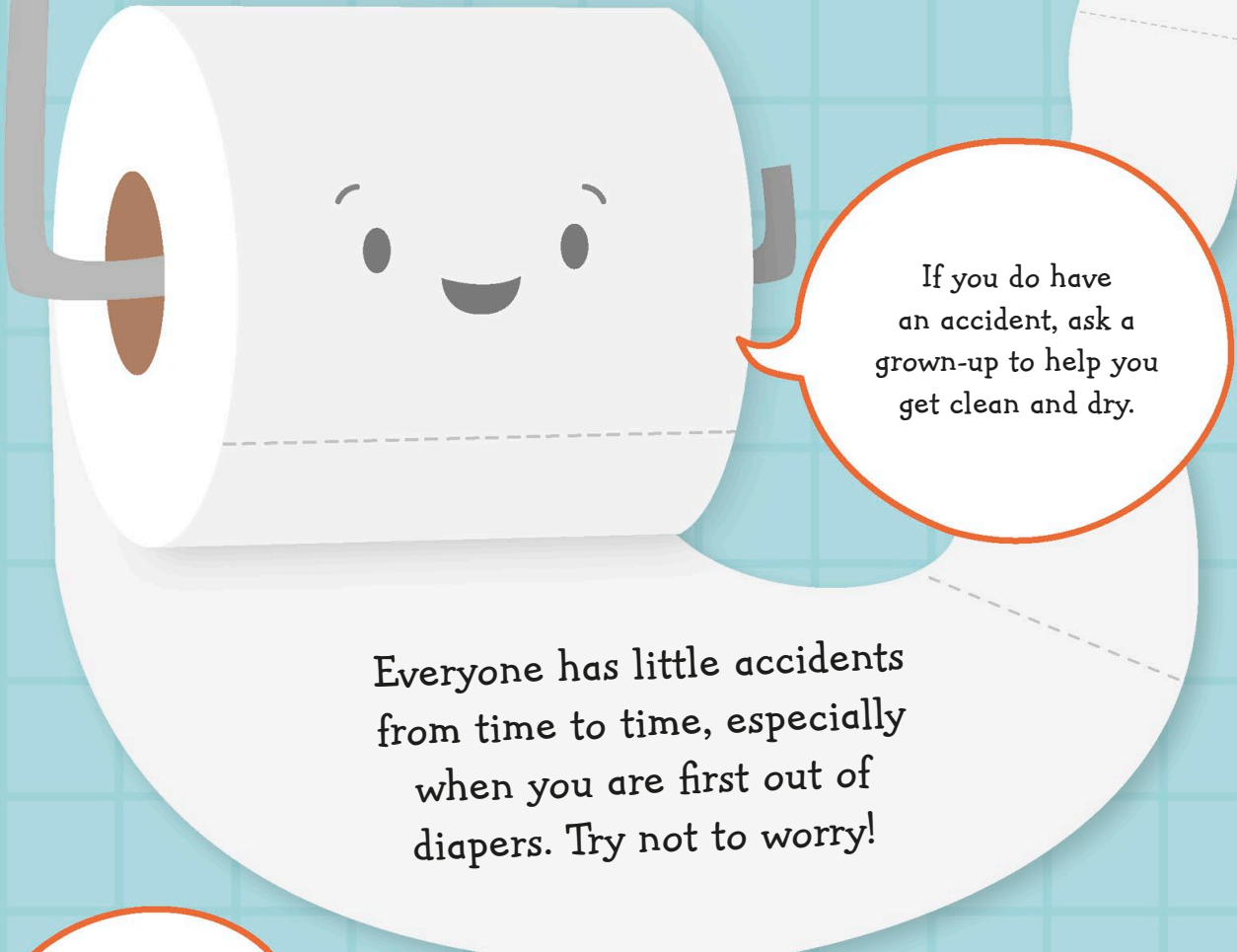
**2** Do your business.

**3** Wipe from front to back with toilet paper until you're all clean.

**4** Flush!


**5** Wash your hands.

Carefully, with soap and water. (EVERY TIME!)



If you do have an accident, ask a grown-up to help you get clean and dry.

Everyone has little accidents from time to time, especially when you are first out of diapers. Try not to worry!



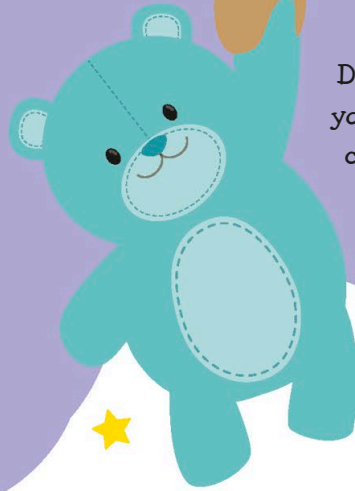
Try to always go to the bathroom right before bedtime.

## Nighttime accidents

If you have an accident while you sleep, it's not your fault. Lots of children wet the bed, so don't be embarrassed. Bed-wetting goes away all on its own after a while.

# Your first sleepover

Sleepovers are so much fun! Whose house are you sleeping at tonight?

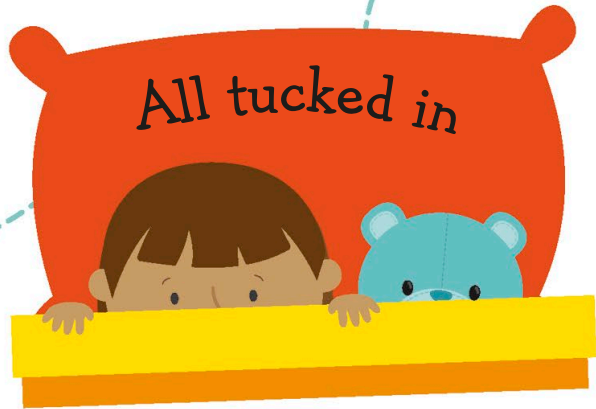


Don't forget your favorite cuddly toy.

Follow the swirly line to get ready for bed.



All tucked in

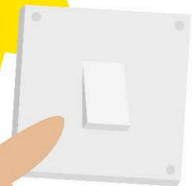


Say good night

Lights out!

Spooky dark

Not being able to see what's around you can be scary. But if you can't have a night-light, remind yourself that you are safe in your bed.

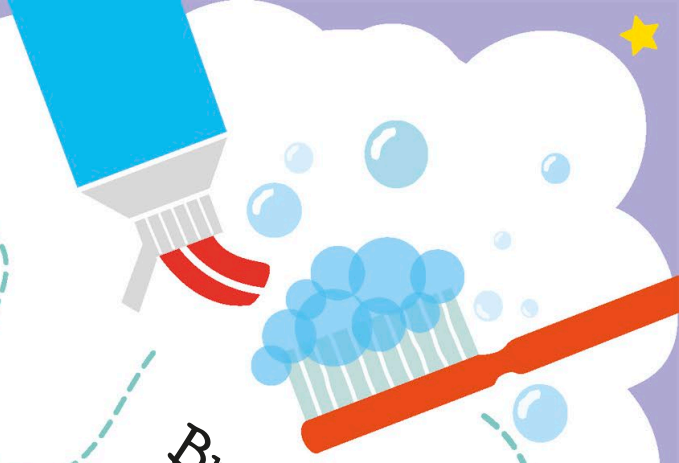




Put your  
pajamas on



Brush your  
teeth



Bedtime  
story



Go to the  
bathroom

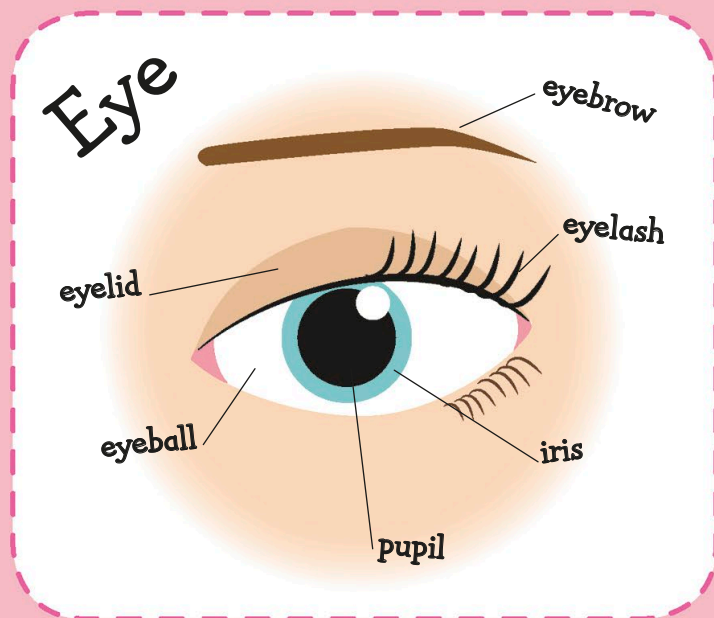
Sweet dreams



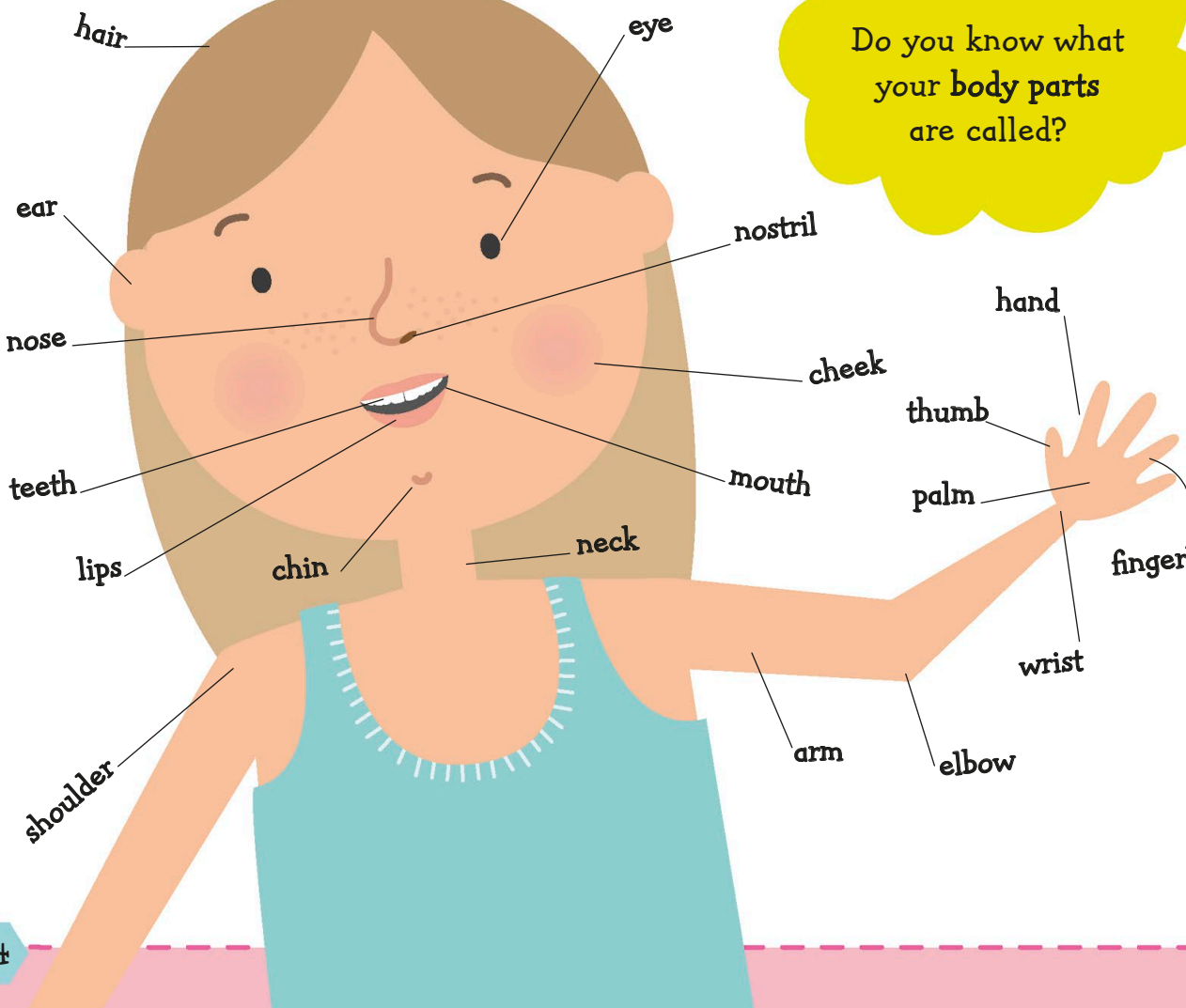
I love sleepovers  
at my grandparents'  
house. I always get  
a bedtime story.

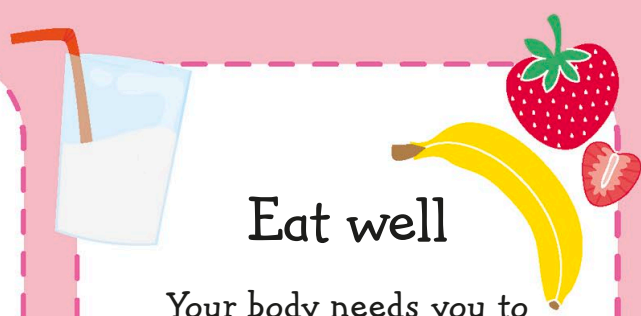
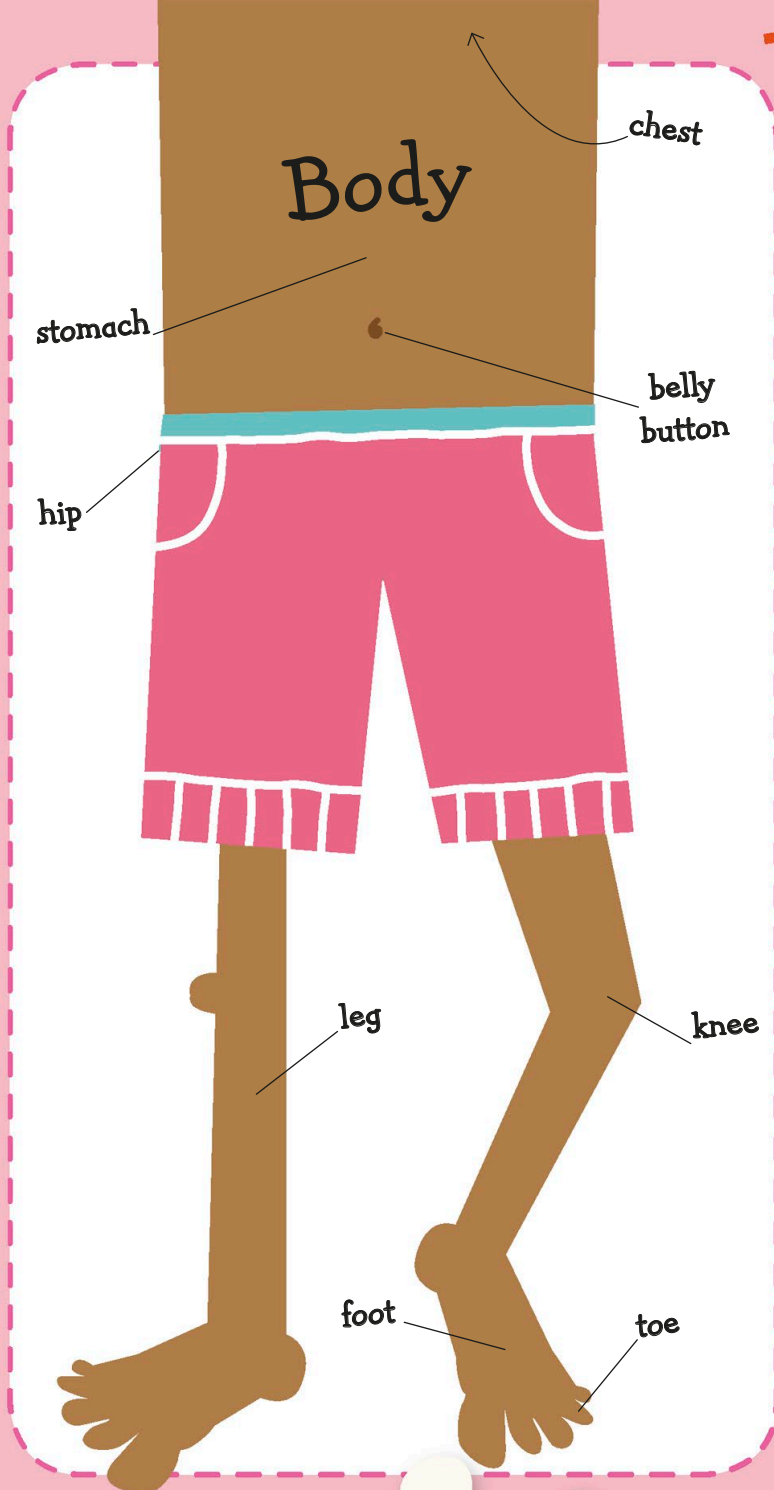
# Your amazing body

From the top of your head to the tips of your toes, your body is perfect.



## Head





## Eat well

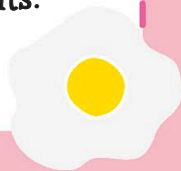
Your body needs you to eat different types of food to stay strong and healthy. Here are some things you should eat every day:

Lots of **fruit** and **vegetables**.

Some starchy food, like **bread** or **rice**.

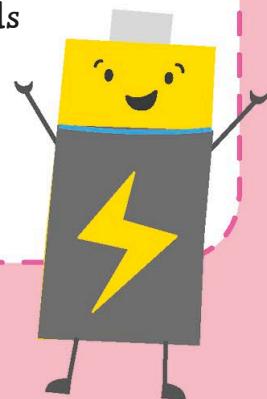
Some protein, such as **meat**, **eggs**, or **beans**.

Some healthy oil, like **avocados** or **nuts**.



## Move your body

You are meant to move, run, jump, dance, and use lots of energy. Your body needs to exercise to stay strong.



Some of your body parts, like your skeleton and your heart, are hidden inside of you.



# Happy heart

Feeling happy is one of the best things in the world!

## What makes you happy?

*being read to*



*cuddly toys*



**hugs**

*Painting*



### Sleepy time

Your body and your mind need sleep to feel ready for a new day. Children need to sleep for around 10 or 11 hours every night.



*pets*



*family*

*making friends*

Draw a picture of all the things that make you happy. Think about the people who make you smile and the things you love doing.

*playing*



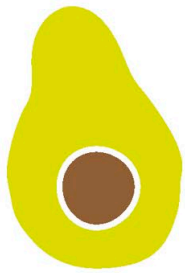
No one can be happy all the time. The best you can do is to keep trying to be happy as often as you can!

*sports*



# Look at all this food!

There is so much food to try and taste. Which of these are your favorites?



noodles



tomatoes



zucchini



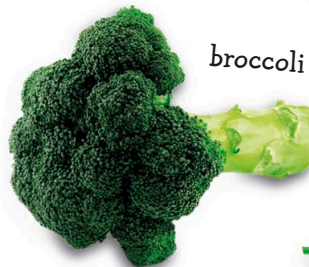
beets



cauliflower



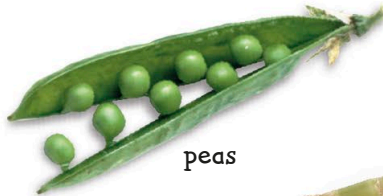
carrot



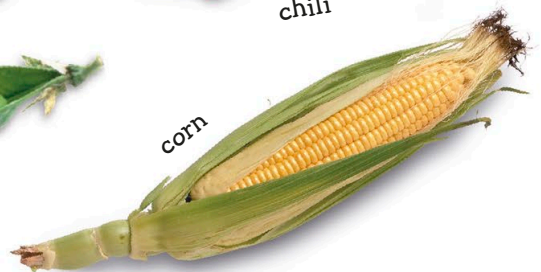
broccoli



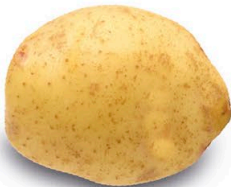
chili



peas



corn



potato



sweet potato

bread



rice



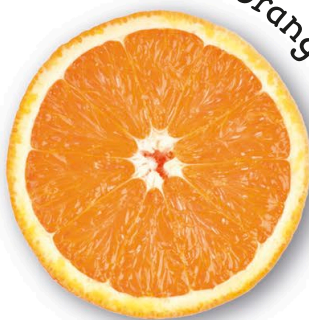




olive oil



pineapple



orange



strawberries



apple



grapes



watermelon



blackberries



kiwi



fish



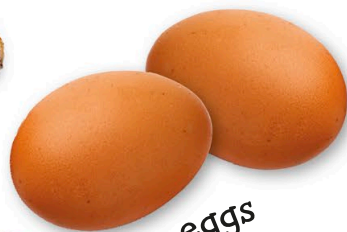
milk



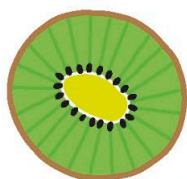
honey



meat



eggs

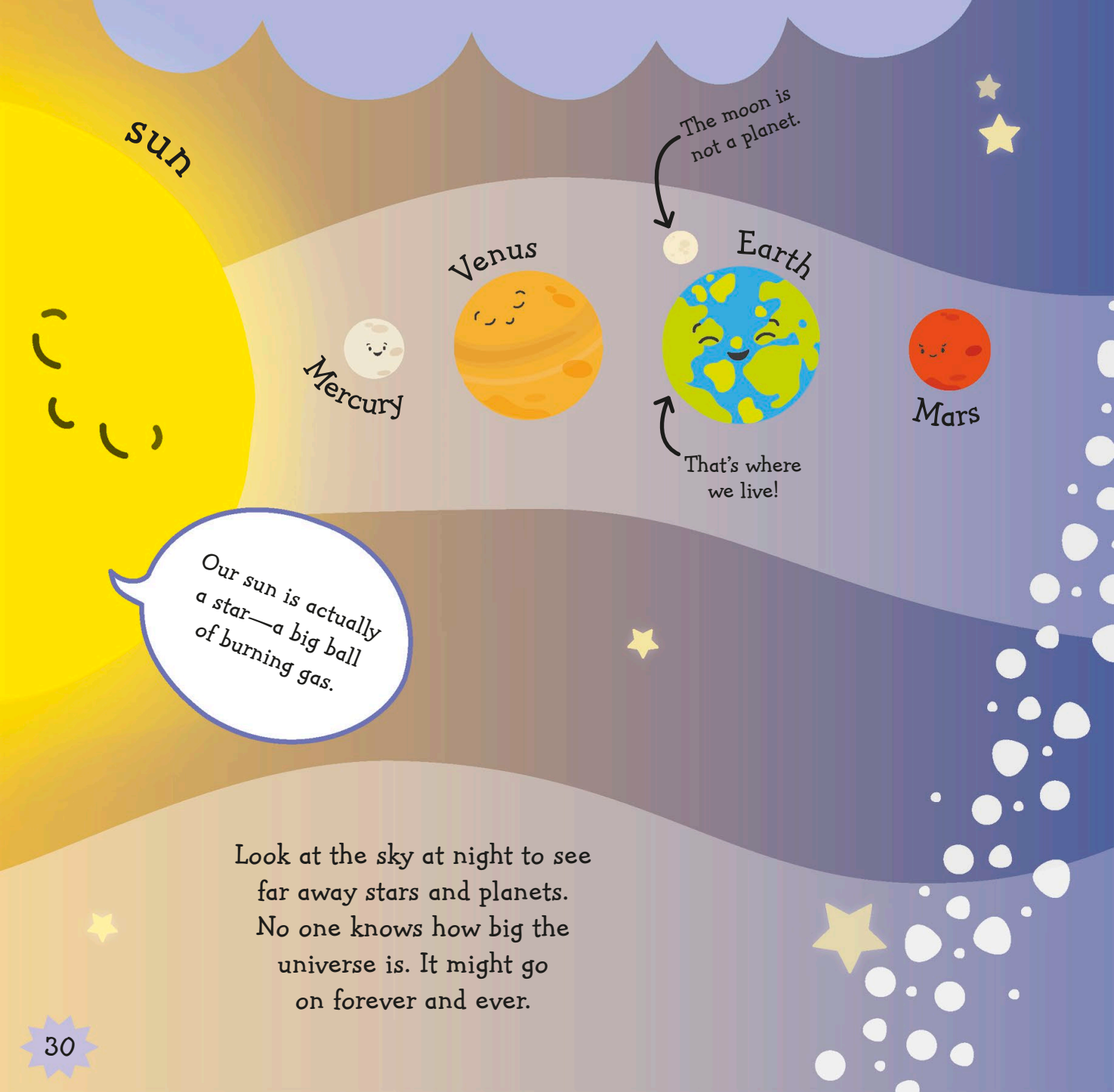


All the food that we eat either comes from a plant or an animal.



# You and the universe

Our planet, Earth, is just one tiny little planet in the whole big wide universe!



sun

Mercury

Venus

Earth

Mars

The moon is not a planet.

That's where we live!

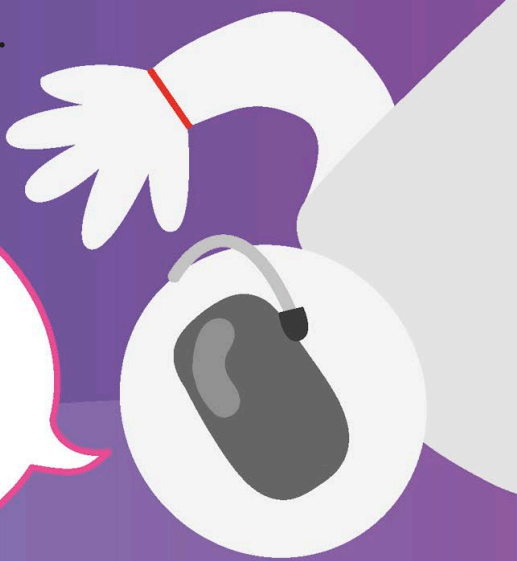
Our sun is actually a star—a big ball of burning gas.

Look at the sky at night to see far away stars and planets. No one knows how big the universe is. It might go on forever and ever.



The universe is **EVERYTHING**. It's all of time and space and everything in it.

Sometimes you can spot Mars and other planets in the sky at night. They look tiny because they're so far away.



Jupiter



Saturn



Uranus



Neptune

Earth is the only planet we know of in the whole universe that has living things (like you) on it.

## Our solar system

Earth is one of eight planets that spin around the sun. Together they make up the solar system.

# Take care of our planet

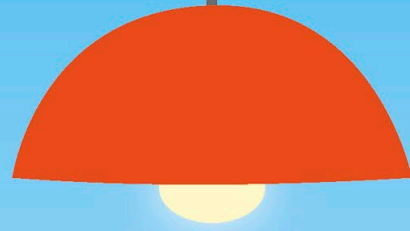
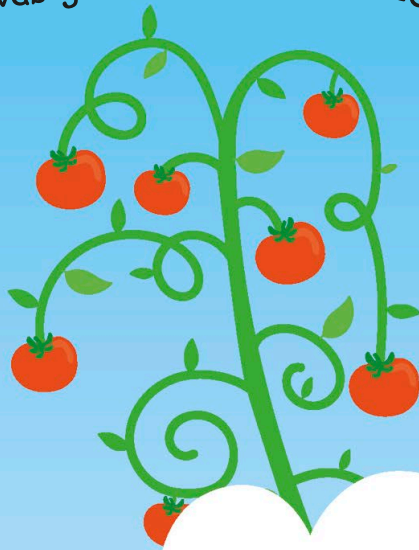
Our planet, Earth, takes care of us by giving us food, water, and energy. But we also need to take care of the Earth before it becomes too damaged.

You can help  
save our planet.

Paper, cardboard,  
glass, some metals,  
and some plastics  
can be recycled.

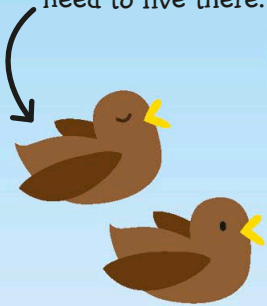
That means they  
can be reused instead  
of just being garbage!  
Isn't that great?

Grow some of your own food or buy food that was grown close to home.



Turn lights off to save energy.

Make your yard friendly to little animals that might need to live there.



## What can you do to help?

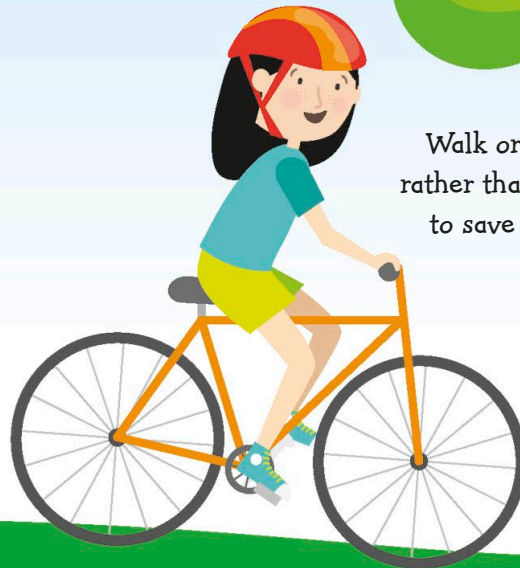
Plant a tree.  
Trees make the air cleaner.



Recycle your trash.



Walk or bike rather than drive to save fuel.



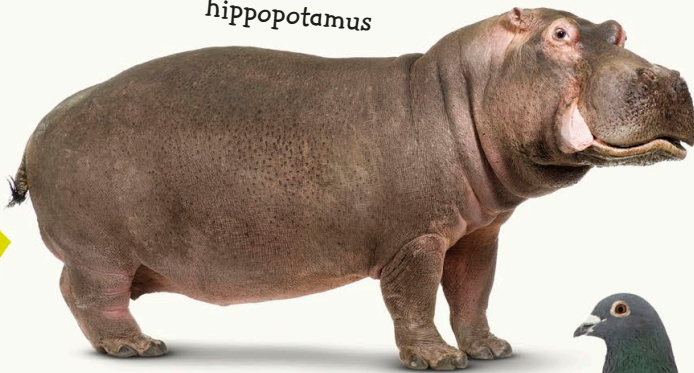


# Very important living things

There are so many different animals and plants in the world that we still haven't discovered all of them.

Which of these do you already know?

hippopotamus



bee



snake

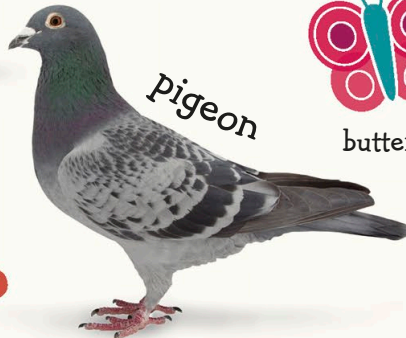


butterfly

dog



pigeon



chicken



worm

polar bear



cat



sunflower

seed



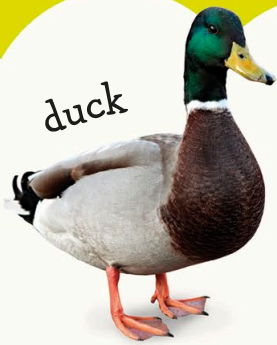
shark







flower



duck



Plants and animals are things that are alive.



snail

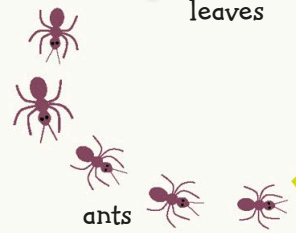


crab



rabbit

leaves

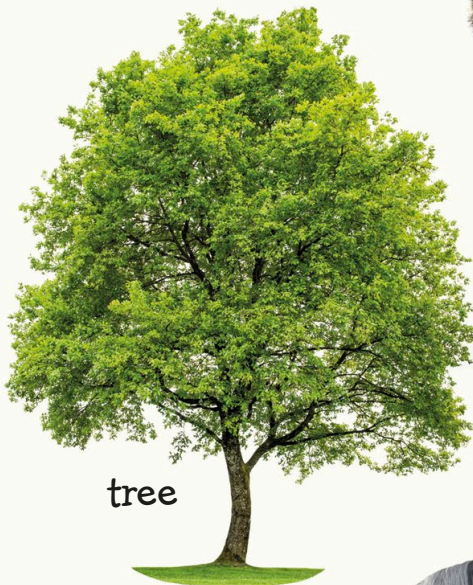


ants



tiger

elephant



tree



dragonfly



goldfish



horse

human



frog



Living things need to be cared for. Animals can't talk, but they can feel pain, so it's important to be nice to them.

# Stay safe

You are a very special person,  
so learn to keep yourself  
safe and sound.



To cross the road,  
hold a grown-up's hand,  
use a pedestrian crossing,  
and check both  
ways for cars.

Watch out  
for cars!

Don't touch  
electricity.

Be careful  
around water.

Wear a seat belt  
when you're  
in the car.



Never speak to **someone you don't know**  
on the Internet or in real life without  
checking with a grown-up first.



Your body belongs to you.



No one should ever touch or make you do anything with your body that you don't want to do.



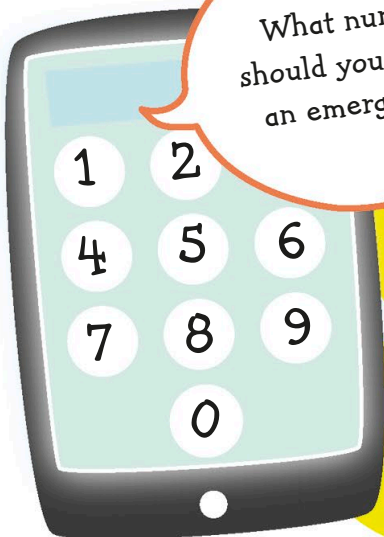
Don't keep secrets that make you sad or worried.

If you see anything on a **computer, phone, or tablet** that upsets you, walk away and go and tell you a grown-up.



Don't play near railroad tracks.

What number should you call in an emergency?



Always talk to someone you trust if you are feeling sad or worried.

**Here are some people you can talk to:**

- someone in your family you trust
- a police officer
- a doctor
- a nurse
- someone at daycare or school



# Sing and sign

Here are some fun songs you can sing and act out with your hands.

---

The itsy bitsy spider climbed up the waterspout.  
Down came the rain and washed the spider out.  
Out came the sun and dried up all the rain,  
And the itsy bitsy spider climbed up the spout again.

---

I'm a little teapot, short and stout.  
Here is my handle; here is my spout.  
When I get all steamed up hear me shout.  
Tip me over and pour me out.







This little piggy went to market.

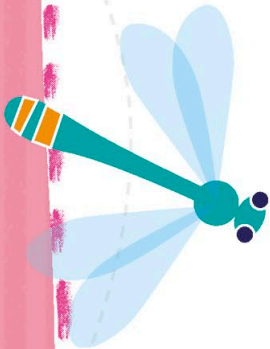
This little piggy stayed at home.

This little piggy had roast beef.

This little piggy had none.

And this little piggy went...

“Wee, wee, wee,” all the way home.



---

If you're happy and you know it, clap your hands.

If you're happy and you know it, clap your hands.

If you're happy and you know it,

and you really want to show it,

If you're happy and you know it,

clap your hands!





# Sing and learn

Learn some super-useful things while  
you sing your little heart out!

You can sing the  
“Alphabet Song” to  
the tune of “Twinkle,  
Twinkle, Little Star.”

## “Alphabet Song”

A B C D E F G


H I J K L M N O P

Q R S T U and V

W X Y and Z.

Now I know my ABC’s,

Next time won’t you  
sing with me?



The “Alphabet Song”  
teaches you the names of  
all the letters. Do you know  
what sound the letters make  
when they are in words?



# Fish and count to ten

One, two, three, four, five.

Once I caught a fish alive.

Six, seven, eight, nine, ten.

Then I let it go again.

Why did you let it go?

Because it bit my finger so.

Which finger did it bite?

This little finger on my right!





# How to be a really good friend

Friends are so much fun!  
Here are some tips to make  
a lot of new friends.

If someone looks sad  
or lonely, ask them if  
they want to play.

Share your toys  
or treats with others.  
Then maybe they will  
share with you, too.


Playing nicely  
means being kind  
to each other.



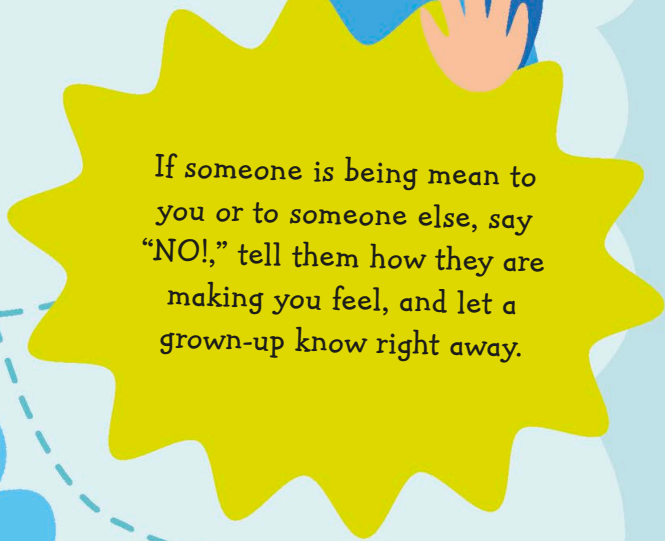




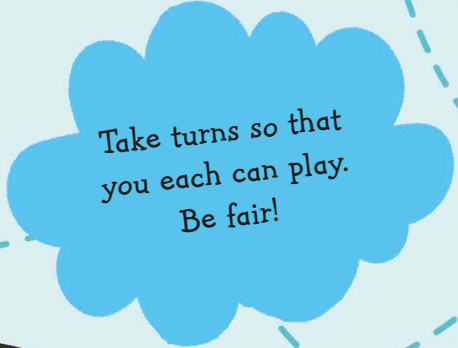
**NO!**



If you've upset someone, try to understand what you have done wrong, and say you're "sorry."



If someone is being mean to you or to someone else, say "NO!" tell them how they are making you feel, and let a grown-up know right away.



Take turns so that you each can play.  
Be fair!



## What's a bully?

Bullies pick on others. Often bullies are people who don't know how to make friends, so they act mean to feel included. If someone is bullying, you should tell a grown-up, but you could also show the bully how to be kind and play nicely.



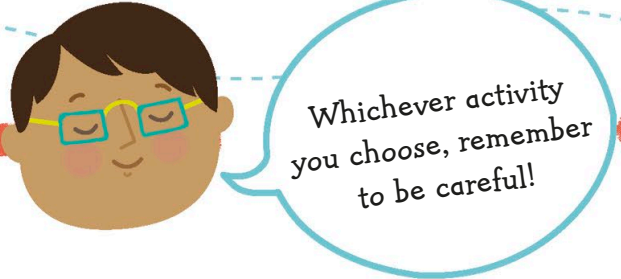
# Look at what I can do!

Here is a whole bunch of **awesome** stuff you can try, too. **You can do it!**



- Ride a bike or scooter
- Swim with water wings
- Make an obstacle course
- Climb a tree (carefully)
- Build a nature den
- Make mud art
- Play catch
- Go on a color hunt





Whichever activity  
you choose, remember  
to be careful!

- Roll down a hill
- Practice counting as high as you can
- Learn the letters in your name
- Splash in a big rain puddle
- Look at the stars at night
- Get dressed all by yourself
- Make up a great story
- Finish a puzzle
- Help someone without being asked
- Look through a book all by yourself
- Hunt for insects (but don't hurt them!)

Hello,  
school!

It's your first day  
of school! There are  
so many new things  
to say "hello" to.



Hello,  
playground



Hello,  
classroom







Hello,  
friends

Hello,  
coatrack



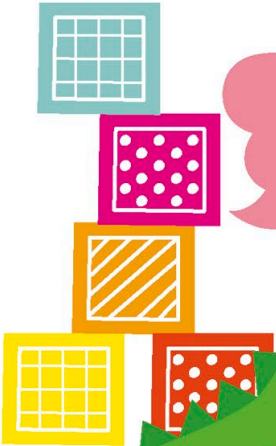
Hello,  
principal



Hello,  
teacher



Say "see you later" to  
Mom and Dad. They'll  
be back after school.



Hello,  
toys



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