

The Parenting Journey

- This is a **Watauga County Quick Reference Guide**
- For families of **children ages 3-5 years of age**
- This is **not an inclusive list**, specific services may not be provided by agencies listed but they can help point you in the right direction
- For more information please contact, **Parent to Parent Family Support Network-High Country** (828-262-6089, or parent2parent@appstate.edu)



SOCIAL/RECREATIONAL

How do I keep my child active and entertained?

Playgroups, Preschools, Child Care, ABLE Recreation, Respite Events, Bowling Alley, Local Parks, Library, Skating Rinks, Children's Playhouse

Children's Council

www.thechildrenscouncil.org
828-262-5424

Parks and Recreation

www.wataugacounty.org
828-264-9511



BEHAVIORAL/EMOTIONAL

What do I do when I don't know what to do about my child's behavior?

Positive Parenting tools/classes, Love & Logic, dealing with challenging behaviors, grief counseling

VayaHealth

www.vayahealth.com
800-849-6127

Daymark

www.daymarkrecovery.org
828-264-8759



PHYSICAL/MEDICAL

What do I do to keep my child healthy?

Dental, Medical, Physical Therapy, Occupational Therapy, Speech/Language Therapy, Home-Health

Blue Ridge Pediatric

www.blueridgepeds.com
828-262-0100



EDUCATIONAL

Who do I contact about preschool or childcare?

Pre-K, Preschools, Home School

Children's Council

www.thechildrenscouncil.org
828-262-5424

Watauga County Schools

www.wataugaschools.org
828-264-7190



FAMILY ASSISTANCE

Where do I go if I need help with food, shelter, transportation, emergency heat or medical costs/coverage?

Housing, Medicaid, Insurance, Food & Nutrition Services, Energy Assistance

Health Department/DSS

www.apphealthcare.com
828-264-4995
www.wataugacounty.org
828-265-8100

Hospitality House

www.hosphouse.org
828-264-1237

DEVELOPMENTAL MILESTONES

Children reach milestones in how they play, learn, speak, feel, and move. They develop at their own pace, so developmental milestones give a general idea of expectations. If you have concerns or want more information about milestones contact your child's pediatrician.

	PLAY	LEARN	SPEAK	FEEL	MOVE
3	<ul style="list-style-type: none"> Plays pretend Takes turns during games Does puzzles with 3-4 pieces 	<ul style="list-style-type: none"> Can follow 2-3 step instructions Builds towers of more than six blocks Understands what "two" means 	<ul style="list-style-type: none"> Uses 2-3 sentences to have a conversation Can name most familiar things Speech is understood by strangers most of the time 	<ul style="list-style-type: none"> Shows a wide range of emotions Shows affection and concern for friends May be upset with changes in routine 	<ul style="list-style-type: none"> Can climb and run Turns door handles Uses one foot per step when walking on stairs Pedals a tricycle

Work with your child to solve the problem when they are upset; Read to your child everyday; Talk about emotions, encouraging your child to identify them in themselves and in book characters; Color and draw lines and shapes with your child; Play outside with your child and allow them to play freely without structured activities; Play matching and counting games with your child

	PLAY	LEARN	SPEAK	FEEL	MOVE
4	<ul style="list-style-type: none"> Plays "Mom" and "Dad" Increasing creativity with pretend play Plays board and card games 	<ul style="list-style-type: none"> Sings some simple songs from memory Can make predictions when reading stories Begins to copy some capital letters Draws people with 2-4 body parts 	<ul style="list-style-type: none"> Talks about their interests Tells stories Uses words like "he," "she," "you," and "me" correctly in a sentence 	<ul style="list-style-type: none"> Enjoys doing new things Prefers to play with other children to playing alone 	<ul style="list-style-type: none"> Uses scissors Can stand and hop on one foot Can catch a bounced ball Cuts, pours, and mashes their own food with supervision

Follow your child's lead in make-believe games; Give your child choices; Let them solve their own problems with their friends, but be nearby to help if needed; Teach them how to play outdoor games; Answer their "why" questions and help them use resources to find the answer when you don't know

	PLAY	LEARN	SPEAK	FEEL	MOVE
5	<ul style="list-style-type: none"> Enjoys singing, dancing, pretending, and drawing Plays a variety of games and activities 	<ul style="list-style-type: none"> Can print some letters and numbers Copies some shapes Draws people with 6 or more body parts Can count 10 or more things 	<ul style="list-style-type: none"> Tells stories using full sentences Speaks very clearly Can talk about things that will happen using the future tense 	<ul style="list-style-type: none"> Wants to please their friends Shows more independence Wants to be like their friends 	<ul style="list-style-type: none"> Can stand on one foot for longer than 10 seconds Hops, skips, swings, and climbs Uses a fork and spoon

Have your child "read" to you by telling the story by looking at the pictures; Organize times for your child to play with their friends and give them the freedom to choose activities to play together; Teach your child their address and their phone number; Encourage their interests by using community resources, such as the library; Encourage your child to create art projects using a variety of materials; Go on walks, scavenger hunts, and bike rides with your child