

EightCAP, Inc. 0-5 Head Start
2026-2027 School Readiness Goals
0-5

APPROACHES TO LEARNING

GOAL: Children and families will engage in meaningful learning experiences that build focus, creativity, and problem-solving skills to support growth, independence, and goal achievement.

Infant/Toddler

1. Children will demonstrate persistence and sustained attention in learning and discovery. 11(a&b)
2. Children will manage feelings, actions, behaviors, and emotions with the support of a familiar adult. 1(b)

Preschool

1. Children will follow rules & routines and appropriately take care of their classroom. 1b
2. Children will engage in learning, keep trying when challenges arise, and use creativity and imagination during play to explore, discover, and try new ways of doing things. 11(a,b,d&e) & 14b
3. Children will remember and use information to complete tasks, talk about past experiences in order, share details, make connections to new experiences, and notice when something is missing or has changed. 12(a&b)

SOCIAL AND EMOTIONAL DEVELOPMENT

GOAL: Children and families will build healthy relationships by recognizing and managing emotions, expressing themselves appropriately, and learning to navigate social interactions in positive ways.

Infant/Toddler

1. Children will develop close relationships with familiar adults and feel secure to explore their environment. 2a
2. Children will play alongside other children, use similar materials or actions, and develop positive social interactions by balancing their needs with the needs of others. 2c & 3a
3. Children will manage and express a range of emotions with support from a familiar adult. 1a & 2b
4. Children will show confidence in own abilities and develop a sense of belonging through relationships. 1c

Preschool

1. Children will manage a broad range of emotions and express care and concern towards others. 1a & 2b
2. Children will maintain and engage in positive relationships with other children learning to cooperatively play and problem solve. 2c, 3(a&b)
3. Children will engage in positive relationships and interactions with adults and their peers. 2a & 2d

LANGUAGE AND LITERACY

GOAL: Children will build early language and literacy skills by understanding and using language to communicate, and by exploring stories and print in meaningful ways.

Infant/Toddler

1. Children will grow their language skills by listening, naming people and things, using clear words and sentences, and joining in conversations with others. 9(a,b&c) & 10a
2. Children will learn to understand and use language by listening, following simple directions, responding, and communicating with others through sounds, gestures, and words. 8(a&b)
3. Children will show interest in books. 17a

Preschool: Language and Communication

1. Children will listen to and understand communication from others, follow directions, engage in conversations, and respond to questions and stories. 8(a&b) & 10a
2. Children will use language to share their thoughts, needs, and ideas with others using longer and more detailed sentences. 9(a,b&c)

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LANGUAGE AND LITERACY (cont.)

Preschool: Literacy

1. Children will understand print through books and their environment. 17(a&b)
2. Children will identify some letters including letters in their own name. 16a
3. Children will use drawing, dictation, scribbles, letter-like forms, and their name to express ideas and communicate meaning through writing. 19(a&b)
4. Children will begin to retell parts of a story and share details about events or information with help from an adult. 18c

COGNITION

GOAL: Children will build early thinking skills by remembering experiences, noticing similarities, and using imitation and pretend play to understand and engage with the world around them.

Infant/Toddler

1. Children will remember people, objects, and actions to help them learn new skills. 12(a&b)
2. Children will demonstrate ways to solve problems by showing curiosity and motivation while exploring their environment. 11(c&d)
3. Children will explore shapes and space by noticing the direction and position of objects, and by demonstrating through play and interaction. 21a
4. Children will imitate the actions of others during play and use real objects as props to represent familiar actions or experiences. 14b

Preschool

1. Children will demonstrate an understanding of the relationship between numbers and quantities. 20(a&b)
2. Children will describe and compare basic shapes and use words to understand and describe spatial relationships. 21(a&b)
3. Children will recognize and understand simple repeating patterns and routines in their daily activities. 23
4. Children will observe and describe objects, materials, organisms, and events in their environment. 24

PERCEPTUAL, MOTOR, AND PHYSICAL DEVELOPMENT

GOAL: Children will develop their physical skills and body awareness by exploring, moving, and interacting with people and objects in their environment, while developing healthy habits to support their well-being.

Infant/Toddler

1. Children will demonstrate effective and efficient use of large muscles to explore their environment, using movement to create a healthy lifestyle. 4,5 & 6
2. Children will use hand-eye coordination to explore their environment. 7a
3. Children will show interest in increasing independence during everyday routines. 1c

Preschool

1. Children will demonstrate control, strength, and coordination of large muscles, using movement to create a healthy lifestyle. 4 & 5
2. Children will demonstrate increasing control, strength, and coordination of small muscles. 7(a&b)
3. Children will show interest in creating independence toward healthy eating habits and routines. 1c