The Seven Essential Life Skills Every Child Needs

From Head to Toe

By Eric Carle

This wonderful interactive book gets children up and moving as they imitate the motions of favorite animals and respond to “Can you do it?” with “I can do it!” They’ll stomp, bend, wiggle and giggle their way to greater health and confidence.

Tip:

When reading this book, try each movement with your child. For example, when you and your child turn your heads, ask your child if she or he can turn to one side and then the other. Or you can ask your child to suggest other movements for you to imitate.

Skill:

Studies show that children are most likely to remember what they’ve learned when they have first-hand experiences—not by just listening. This back and forth interaction is what researchers call “serve and return.” Like a game of ball, one of you says or does something (serves) and the other responds (returns). The importance of these everyday interactions to brain building is a key finding from child development research.

Tip:

From Head to Toe offers many things to do together that are joyful and that promote Executive Function skills.

Skill:

Involving children socially, emotionally and intellectually happens when children are having fun.