

WHAT ARE THE P.I.E.S.?



PHYSICAL

Physical

Books can be used to create movement and answer the question: Can you do it too?

Benefits: Physical development includes fine motor skills, gross motor skills, muscle strength and movements, and sensory motor skills. Physical Development – Fine motor skills includes eye-hand coordination. Gross motor skills includes the entire body movement of coordination of large body parts such as the walking, running, bending, squatting, all of which can be expressed in developmentally appropriate ways for children from birth to adolescence. Play enhances physical growth through constant repetition and scaffolding stories to increase literacy skills (Thomas, 2005; Wanerman, 2009).

Pick your favorite music and have it ready and cued up for when you finish reading the book you can have the child move around using the book to encourage movement and physical words for those movements. The physical development of children from birth to school-age includes indoor and outdoor activities that make the body move as well as inform about the body.

INTELLECTUAL

Intellectual

The intellectual development of children from birth to school-age includes cognitive awareness and critical thinking skills.

Intellectual development includes cognitive skills, mannerisms, language, and core academics (arts, & crafts, health & safety, music & theater, personal awareness, phonics/reading, math, science, and social studies Intellectual Development – Milord (1989) provides The Kid's Nature Book filled with activities for each day of the year to promote family involvement at home from cutting snowflakes from paper (physical) to thinking (intellectual) of winter words (Milord, 1989, p. 20-21).

Benefits: This slice of the P.I.E.S. can be used to improve cognitive development skills in this age group by asking questions before, during, and after the reading aloud of the book for each day of the week.

Count for your child while putting away toys, walking, grocery shopping, or anything else that can be used for a counting context.

EMOTIONAL

Emotional

Emotional development includes emotions observed and the child's internal working model, body language, and facial expressions, which can help families and parents help their child have a better understanding of who they are, what they want, and how they can positively and productively contribute to their communities.

The emotional development of children from birth to school-age includes acknowledging feelings and emotions while learning how to manage them.

Benefits: Children need an emotional slice the P.I.E.S. to grow healthy. The books that target this slice of the P.I.E.S. can be used to create positive experiences with emotions keeping cortisol (stress hormone) levels low as children grow and develop.

Pick your favorite emotion and express it through song, dance, and art.

SOCIAL

Social

Social Development – The social interaction generated through these levels of close proximity to the individual applies to this theory and has been used extensively in all aspects of higher education, albeit more frequently with behavioral development in young children. The application of this theory matches the concepts and constructs described based on this theory through the proximal processes that influence learning and behavior, specifically financial literacy. Within various macrosystems, which include nationalities, customs, values, and laws about education as it relates to family and parental involvement in public education (Gordon & Cui, 2014).

Social-communications activity (ages 11 – 15), when adolescents initiate communication for problem solving (intellectual), submitting to group norms. Social development is included socio-cultural theory is, according to Lamb and Lewis (2011) encouraged in the research as inclusive variables, namely, "culture and cultural experiences" (p. 497). Zone of proximal development (ZPD) is the distance between the actual developmental level as determined by independent problem solving and the level of potential development as determined through problem solving under adult guidance or in collaboration with more capable peers" (Thomas, 2005, p. 250).

Benefits: Children need a social slices of the P.I.E.S. to grow healthy. The books that target this slices of the P.I.E.S. can be used to create positive interactions among family and friends.

Pick your favorite outdoor activity such as going to the park or the library. Socialize your children with other children from diverse families and backgrounds in order to learn about differences.

DEVELOPMENT

Child Development begins before birth and conception with the parent involvement on a level of physical body care in preparation for a growing baby. The stages of birth from conception is documented in trimesters.

Parents are instrumental in the development of children because involvement creates positive experiences for their children.

Each stage of development from Early Childhood, Middle Childhood to Young Adulthood needs a slice of the P.I.E.S. every day in order to promote healthy development during these stages.

Check out your local library or university library to find out more about reading, appropriate books for your child and various events that you can participate with your child. Since individuals cannot be separated from their contexts (Bornstein & Lamb, 2011), and since family development is most dramatic when circumstances change for an individual—such as the developing child—it is crucial that families and parents who are invested in the life of their child be willing to engage them in the P.I.E.S. everyday!

And remember to have fun!

READERS

with P.I.E.S.

Children's learning domain activities (Infants, Toddlers, Preschoolers, up to 9 yrs)

4 Books A Day for each slice of the P.I.E.S. for
5 Days Strong!

MONDAY

Physical

Book: My First Book of Gymnastics: Movement Exercises for Young Children
Activity: For ages 4-6 years old do the movement in the book. How many can you do?

Intellectual

Book: From Head to Toe Board Book
Activity: For ages 1-4 years old. Point to the parts of the body and function. How many do you see?

Emotional

Book: The Color Monster: A Story About Emotions
Activity: Talking and mimic emotions using facial expressions. Pick your favorite color.

Social

Book: Kindness Starts With You - At School
Activity: For ages 1-3 years old. What would you do?

TUESDAY

Physical

Book: Infant Massage (Fourth Edition): A Handbook for Loving Parents
Activity: For infants not crawling or walking. This is a one-on-one activity with parents that involves gentle touch.

Intellectual

Book: From the Garden: A Counting Book About Growing Food (Know Your Numbers)
Activity: for ages 4-8 years old. Read aloud for infants. Plant a garden counting seeds.

Emotional

Book: Visiting Feelings
Activity: For ages 4-8 years draw your feelings using any medium; crayon, markers.

Social

Book: Germs are not for sharing.
Activity: For ages 1 and up. What are things that you share? Parents mimic keeping sneezes to themselves, etc.

WEDNESDAY

Physical

Book: Feet Are Not for Kicking (Board Book) (Best Behavior Series)
Activity: What do we use our feet to do? Show me how.

Intellectual

Book: I Love Colors (Look Baby! Books)
Activity: Pick the color that you like the most.

Emotional

Book: I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings
Activity: How are you feeling today?

Social

Book: Hands are not for hitting (Board Book series)
Activity: What do we use our hands to do? Show me.

THURSDAY

Physical

Book: Dancing Feet
Activity: Show me your dancing feet. Pick your favorite music and dance.

Intellectual

Book: First 101 Words: A Highlights Hide-and-Seek Book with Flaps
Activity: Pick 3 words and put into a song.

Emotional

Book: Calm-Down Time (Toddler Tools)
Activity: How do you feel today? What do you look like when you are sad?

Social

Book: Kindness Makes Us Strong Board book –
Activity: How do you show your kindness? Discuss for younger children.

FRIDAY

Physical

Book: The Tiny Seed (The World of Eric Carle)
Activity: Act out the growth of a seed.

Intellectual

Book: My First Words: Baby's First Handbook
Activity: Pick three words and use in a song or story. Show objects of words.

Emotional

Book: Giraffe Asks For Help
Activity: What do you need help to do?

Social

Book: Love Makes a Family Board book –
Activity: How do you show love to your family?

READERS

with P.S.E.S.

Learning domain activities for Middle, Junior High, & High School

MONDAY

Physical

Book:
Activity:

Intellectual

Book:
Activity:

Emotional

Book:
Activity.

Social

Book:
Activity:

TUESDAY

Physical

Book:
Activity:

Intellectual

Book:
Activity:

Emotional

Book:
Activity:

Social

Book:
Activity:

WEDNESDAY

Physical

Book:
Activity

Intellectual

Book:
Activity:

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Book:
Activity:

Social

Book:
Activity:

THURSDAY

Physical

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Activity:

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Book:
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Activity:

Social

Book:
Activity:

FRIDAY

Physical

Book:
Activity:

Intellectual

Book:
Activity:

Emotional

Book:
Activity:

Social

Book:
Activity: