



Introductory letter

SMÅSTEG – Steg for steg for tidlig læring, Family Letter

Dear Family,

The preschool years are very important. We want your child to be as ready as possible for school. This is not just about knowing letters and numbers. It is also about knowing how to learn and how to get along with others. We will be using the SMÅSTEG – Steg for steg for tidlig læring program in your child's group to teach these important skills.

The *Småsteg* program teaches skills in the following four areas:

1. **Skills for Learning:** Children gain skills to help themselves learn, including how to focus their attention, listen carefully and ask for help.
2. **Empathy:** Children learn to identify and understand their own and others' feelings. They also learn how to care for others.
3. **Emotion Management:** Children learn how to calm down when they have strong feelings, such as anxiety or anger.
4. **Problem Solving:** Children learn how to make and keep friends and to solve problems with others in a positive way.

Your child will be learning a lot this year—and he or she will need your help! Throughout the year, your child will be bringing home Foreldrelenker, Home Links, - that go with several of the *Småsteg* lessons. Foreldrelenker are simple, fun activities for you and your child to do together. They are a great way for you to understand what your child is learning and for your child to show you what he or she knows.

If you have any questions about the *Småsteg* program, please do not hesitate to contact me for more information. Thank you for supporting your child in learning the skills that will help get him or her ready for school and life.

Sincerely,