Countdown to Kindergarten (C2K) is a research-based school-readiness program that builds the early-literacy and social-emotional skills that prepare children for kindergarten. We put parents at the center of this work.

C2K collaborates with schools and libraries to bring this four-part program to small groups of parents with their 4-year-old children. The facilitator introduces the objectives for each session and then parents read books and practice fun activities with their children.

Session topics:
- Playing with words and sounds
- The alphabet, how books work and how to have a dialogue with your child as you read aloud
- Beginning sounds and invented writing
- Identifying feelings and building an emotions vocabulary

After each session, parents are given materials to take home (books, magnetic letters, activity cards, kid-friendly pencils and more) so they can continue to help their children develop important school readiness skills at home.

A key component of the C2K program is training preschool teachers and librarians to facilitate group sessions with families.

We believe C2K is unique
- We empower parents to become confident and motivated to engage their children in activities that promote early-literacy and social-emotional skills. The activities become integrated into family life and extend what children learn in school.
- Based on best practices and science, we developed C2K because:
  - **Reading** is the single most important skill children learn in school.
  - **Social-emotional skills** help children manage strong emotions and stay focused on the task at hand.
  - The achievement gap can be reduced for low-income students when you begin early and involve parents.

Parents are thrilled with C2K
- **We really enjoyed ourselves and took away some great activities and resources. Thank you!**
- **It is important for us parents to have these skills to teach our children because (kids) spend the majority of their time home with us. I felt the program was great and really helped.**

For more info about C2K, contact: Kristen.C2K@gmail.com

Curriculum developed by Dr. Margie Gillis and Dr. Judy Grossman, notable experts in reading and social-emotional skills, respectively. C2K is a program of Smart Kids with Learning Disabilities (SKLD) a Norwalk, CT-based nonprofit dedicated to helping children with learning and attention difficulties reach their full potential, through inspiring, educating and empowering parents to help their children succeed.