

Early Learning Activity Guides Now Available in Yup'ik

Guides describing activities that help build babies' and young children's brains are now available in Yup'ik. Copies of "Mikelnguut Ayagmek Elluarrluki Anglivkallrat" are available free from Best Beginnings at 907-297-3300 or <http://www.BestBeginningsAlaska.org>.

The activity guides contain fun, culturally relevant activities to help babies' brains grow in ways that will help them succeed in school and in life. There are three guides: infant (birth to 18 months), toddler (18 months to 3 years), and preschooler (ages 3 to 5).

Activities for the Yup'ik version were reviewed by Yup'ik educators from RuralCAP for cultural relevance, with many new activities added and others modified or exchanged. All translations were done by Marie Meade, a Yup'ik translator originally from Nunapitchuk, who now lives in Anchorage.

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All activities described in the books are based on Alaska's Early Learning Guidelines, developed by the Alaska Department of Education & Early Development and the Alaska Department of Health and Social Services.

Last year, Best Beginnings published activity books in Spanish, and an English version came out earlier this year.

The guides are designed to assist parents, and other adults who work with babies and young children, in understanding child development and offering fun activities that encourage healthy brain development.

Research shows that children's brains develop at an incredible rate from birth to age 6 and that the type of learning that takes place in the early years has a profound effect on how children fare later in life.

Suggested activities in multiple languages are posted regularly on Best Beginnings' Web site (www.BestBeginningsAlaska.org).

