

KINDERGARTEN READINESS CHECKLIST

This checklist can help guide you as you prepare your child for school. It is best to look at the items on the list as goals toward which to aim. They should be accomplished through everyday routines or enjoyable activities you've planned with your child. If your child lags behind in some areas, don't worry. Remember that children grow and develop at different rates.

Good Health and Physical Well-Being

- Eats a balanced diet
- Gets plenty of rest
- Received regular medical and dental care
- Has had all the necessary immunizations
- Runs, jumps, plays outdoors and does other activities that provide exercise and help develop large muscles
- Uses puzzles, crayons, and paints and does other activities that help develop small muscles
- Gets a good night's sleep and has a routine

Research shows that the best way to tell if a child will do good in school is NOT how much money a parent makes but IS based on how well learning is supported at home; how much parents tell their kids they can succeed and have great futures; and how involved parents are in their children's education at school and in the community."

Social and Emotional Preparation

- Is learning to explore and try new things
- Is learning to follow simple safety rules
- Can stay on task for a period of time
- Is learning to work well alone and to do many tasks independently
- Has many opportunities to be with other children and is learning to cooperate, share and exchange with them
- Is curious and motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Helps with family chores
- Can follow simple instructions
- Is learning to use words to identify and express emotions

Language and general Knowledge

- Can write first name with first letter capital and others lower case (small)
- Familiar with some letters of the alphabet (can recognize and say them)
- Knows how to rhyme words
- Can count to 10 and above
- Can count out objects to 10 (by pointing to each object)
- Can identify characters in a story
- Can tell about where the story takes place
- Can talk about problems in a story and how they were solved
- Has many opportunities to talk and listen
- Is read to everyday
- Has access to books and other reading materials
- Is learning about letters and books
- Has television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write his/her name and address
- Is learning to count and plays counting games
- Is learning to identify and name shapes and colors
- Has opportunities to draw and to be creative
- Has opportunities to listen and make music and to dance
- Has opportunities to get first-hand experiences to do things in the world – to see and touch objects, hear new sounds, smell and taste foods and watch things move.