

# School Readiness: Is Your Child Ready?

## Tips for your Family

### Intellectual Can Your Child.....?

- Sit and listen to a story
- Know first and last names and own age
- Know some songs and rhymes
- Tell and retell familiar stories
- Begin to learn address, phone number, and names of family members
- Begin to recognize letters, numbers, colors, shapes, and names in print
- Begin to use crayons, pencils, markers, and scissors
- Count out loud to 10

### Health Does Your Child.....?

- Have the required kindergarten health assessment and immunizations
- Receive medical and dental checkups regularly
- Eat healthy meals
- Have opportunities for daily active play (running, jumping, climbing, and swinging)
- Sleep at least eight hours each night
- Begin to understand personal care such as bathing and brushing teeth

### Social Can Your Child.....?

- Follow simple directions and rules (for example, "stay with the group" or "hold my hand")
- Play with other children in groups
- Begin to take turns and share with others

### Personal Can Your Child.....?

- Go to the bathroom alone and use the toilet
- Wash hands
- Put on and take off coat
- Begin to tie shoes
- Snap, zip or belt pants
- Sit at a table to eat unassisted and use eating utensils
- Blow nose and cover mouth when sneezing or coughing
- Put away toys when asked
- Communicate personal needs (bathroom requests, illness, nausea)

### Language Can Your Child.....?

- Hold a book upright and turn pages from front to back; pretend to read
- Use language as a part of pretend play to create and enact roles
- Use language to establish and maintain relationships
- Initiate and engage in conversations
- Describe experiences and create simple stories
- Ask questions and make comments related to the topic of discussion
- Communicate messages with expression, tone, and inflection appropriate to the situation

Tips on the Back...

## INTELLECTUAL TIPS!

Play with your child using numbers, colors, and shapes.

Identify concepts such as IN, ON, UNDER, and BESIDE.

Encourage your child to experiment and discover (for example, testing which toys will sink in the bathtub and which float; observing wet and dry places on the sidewalk and how the sun warms objects it shines on; taking nature walks and collecting items along the way).

Show your child how to use drawing and writing tools. Keep a ready supply of simple materials such as paper, pencils, crayons, play dough, and blocks available in a place where your child can work with them.

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## PERSONAL TIPS!

Practice (with your child) hand-washing, bathing, feeding oneself, dressing, and brushing teeth.

Provide your child with a variety of objects that small hands can hold and use such as silverware, toothbrush, comb, or hairbrush.

Establish routines for playtime, quiet time, and bedtime.

Encourage your child to ask for assistance when needed.

## HEALTH TIPS!

Set a routine for things such as hand-washing, bathing, feeding oneself, dressing, and brushing teeth.

Talk about safe practices such as looking both ways before crossing streets, wearing a helmet when bicycling, fire safety, and seatbelt rules.

Make sure your child eats a variety of healthy foods.

Check with your doctor about required immunizations and assessments, including hearing and vision exams.

Encourage physical activity in place of television and other stationary activities.

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## SOCIAL TIPS!

Involve your child in social activities such as meals, celebrations, and outings.

Promote respect and appreciation for others.

Talk about your job.

Involve your child in group games.

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## LANGUAGE TIPS!

Talk with your child every day about events and activities. Use gestures and props to help your child understand and respond.

Sing songs and play rhyming and word games to help your child understand different sounds.

Read to your child every day; pause to let them ask questions, make comments, and complete ideas.

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Building a Foundation for School Readiness

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