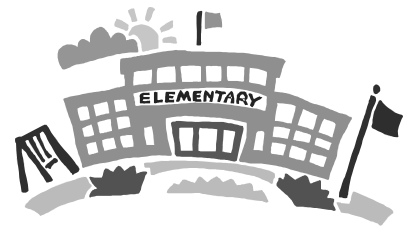


Kindergarten Readiness Checklist for Parents

Self-Help

1. Can your child get coat on and off and hang it up?
2. Can your child dress on their own, such as button, snap and zip with minimal help?
3. Does your child toilet independently without reminders (including washing hands)?
4. Is your child able to clean up toys and projects with minimal prompting and assistance?
5. Is your child able to be independently entertained for 10-15 minutes?



Tips to help children develop self help skills:

- ✓ Allow your child to have one or more routine responsibilities (putting away clothes/toys).
- ✓ Allow your child to dress independently, and provide encouragement to pick out clothes appropriate to season.
- ✓ Provide children with ideas and activities that can be completed independently for a short period of time.

Social/Emotional Maturity

1. Is your child able to wait somewhat patiently (3-4 minutes) for your help?
2. Does your child verbalize feelings of excitement, sadness or anger?
3. Is your child able to accept a change in plans?
4. Is your child able to share, compromise, turn-take and problem solve during play with other children?
5. Does your child comply with rules, limits, and routines?
6. Is your child able to accept help without becoming upset?
7. Does your child respect the feelings of others?
8. Does your child understand cause/effect situations?

Tips for parents to encourage social/emotional growth:

- ✓ Provide opportunities for your child to play with other children.
- ✓ Role play different scenarios that may occur during play with your child.
- ✓ Describe to your child ways of solving disagreements with others.
- ✓ Let your child know that all feelings are okay.

Cognitive Readiness

1. Does your child show interest in learning new things?
2. Is your child able to follow 3-4 step directions?
3. Does your child listen and enjoy stories?
4. Does your child know some/all upper case letters?
5. Can your child write his/her first name?
6. Does your child stay focused on a task for more than 10 minutes?
7. Does your child know basic shapes, colors, numerals 1-10?
8. Does your child use problem solving skills at home (knowing what to do when thirsty, hungry, cold, hot?)

Tips to help children develop cognitive abilities:

- ✓ Provide opportunities for your child to use glue, crayons, markers, and pencils.
- ✓ Play games such as Simon Says which encourages children to follow directions.
- ✓ Provide opportunities for your child to play with toys that require thinking such as puzzles or sorting games.
- ✓ Read to your child everyday.
- ✓ Keep magnet letters on your refrigerator for your child to explore.

Physical Development

1. Does your child enjoy outdoor play involving running, jumping, and climbing?
2. Does your child hold a pencil correctly?
3. Does your child cut with scissors?
4. Does your child try to tie his/her shoes?

Tips to help children with their physical development:

- ✓ Take your child to the park to play on outdoor equipment.
- ✓ Provide experiences with scissors.
- ✓ Provide opportunities with balls, jump ropes, etc.

ADDITIONAL TIPS TO PREPARE YOUR CHILD FOR KINDERGARTEN

Make reading a part of your daily routine:

- Take your child to the library and allow time to pick out books to match their interests.
- Obtaining a library card for your child can encourage an interest in books.
- Read your child's favorite stories over and over again.
- When reading to your child, ask questions about the story (What do you think is happening? What might happen next?)
- If your child is able to provide an answer, ask him/her to retell the story to you.
- Point out letters in the environment (on boxes of foods or signs.)

Encourage counting and number recognition:

- Play counting games (How many school buses do we see?)
- Let your child set the table (How many cups do we need? etc.)

Most of all, remember that your child will develop at his/her own rate. Encourage their development with activities that are interesting and fun and will encourage excitement for learning as well as build his/her self-confidence to try new things.

SUGGESTED READING

Welcome to Kindergarten by Anne Rockwell

When You Go to Kindergarten by James Howe

Miss Bindergarten Gets Ready for Kindergarten by Joseph Slate

Look Out Kindergarten Here! Come by Nancy Carlson

Countdown to Kindergarten by Allison McGhee

Kindergarten Kids: Riddles, Rebuses, Wiggles, Giggles & More by Stephanie Calmenson

We Share Everything! By Robert Munsch

The Kissing Hand by Audrey Penn

Jessica by Kevin Henkes

Owen by Kevin Henkes

The Night Before Kindergarten by Natasha Wing

WEBSITES

www.pbskids.org

www.nickjr.com

www.playhousedisney.com

www.sesameworkshop.org