

Ready for School - Parent Checklist

Helping My Child Get Ready For Kindergarten

Things I Should Do...



- Provide a daily routine that includes regular times for meals.
- Establish a bedtime that gives my child ten or more hours of sleep at night.
- See that my child has opportunities for rigorous physical activity, outside when possible, every day.
- Help my child select and wear clothing appropriate for indoor climate and outdoor weather conditions.
- See that my child has the required immunizations and a current health examination.
- Help my child develop independence in dressing, eating and personal hygiene.
- Interact frequently with my child each day by talking, listening and touching.
- Take my child to a variety of places such as the library, the park, the grocery store, and the post office.
- Provide toys, games and household objects that encourage exploration, manipulation and dramatic play.
- Provide opportunities to play with other children.
- Teach socially acceptable ways to disagree.
- Encourage social skills such as helpfulness, cooperation, sharing, and concerns for others.
- Demonstrate common expressions of courtesy and praise my child for using them (thank you and please).
- Establish reasonable limits for behaviors and hold my child to them.
- Talk with my child about our family, our culture and our values.
- Provide opportunities for my child to learn about other cultures in our community.
- Encourage work habits such as effort, initiative and persistence.
- Read to my child every day. Talk together about the pictures and story.
- Provide books, magazines and other print materials for my child to handle.
- Provide opportunities to play alphabet games, read alphabet books, and talk about letter names and sounds.
- Provide pencils, markers, paper and encourage drawing and scribbling or writing.
- Invite my child to help with grocery lists, grocery shopping and sending cards.
- Read poems and sing songs together.

Ready for School

What your child should know and be able to do upon entering kindergarten

Care for Personal Needs



- Can blow nose, cover sneeze
- Is independent in using the bathroom
- Can wash own hands
- Can snap, button, zipper or belt own pants
- Can take off and put on coat
- Can tie shoes
- Recognizes own possessions: jacket, lunchbox, etc.
- Will sit at a table to eat
- Can eat unassisted
- Can use silverware
- Will put away toys when asked

- Knows some songs and rhymes
- Participates in rhyming games
- Identifies some letters (especially those in own name)
- Identifies labels and signs in the environment
- Pretends to read and write
- Knows first and last name
- Knows names of family members
- Can tell about an experience
- Can tell and retell familiar stories
- Can communicate personal needs
- Has had a variety of experiences such as library, park, zoo, grocery store, post office
- Can use crayons, pencil, scissors, etc.
- Expresses ideas with drawings
- Is willing to try to complete a task

Social



- Will listen to an adult and do as asked
- Can cooperate with other children
- Can play with other children without hitting or biting
- Can sit for short periods (15 min.)
- Can follow a rule
- Understands and follows oral directions

Health



- Has had all required immunizations
- Has had a health assessment
- Receives medical care when sick
- Receives dental check-ups regularly
- Eats at regular times each day
- Gets ten or more hours of sleep at night
- Can run, jump, climb, swing and use balls

Intellectual



- Shows an interest in books and reading
- Holds book and turns pages correctly



Every Child. Every Day. For a Better Tomorrow.