

# Kindergarten Readiness Checklist

*This checklist can help to guide you as you prepare your child for school. It's 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

My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives 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
- Works puzzles, scribbles, colors, paints and does other activities that help develop small muscles

## Social and Emotional Preparation

My child:

- Is learning to explore and try new things
- 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 with them
- Is curious and motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Can follow simple instructions
- Helps with family chores
- Is learning to use words to identify and express emotions

## Language and General Knowledge

My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print 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 to and make music and to dance
- Has opportunities to get first-hand experiences and to do things in the world—to see and touch objects, hear new sounds, smell and taste foods and watch things move

