

Readiness skills *by* age 4



Going to kindergarten is a big step. *Help your child be ready by practicing things he or she will need to know. Make getting ready for school fun ... It's a chance for you and your child to spend precious time together.*

Every child develops at different rates, so don't worry if your child can't do everything listed here. Meanwhile, check out tips on the back of this sheet for ideas about what you can work on at home.

Language & Literacy

- Speaks so others understand
- Expresses ideas using language
- Initiates and carries on conversations
- Recognizes the first letter of her name
- Tells the difference between print and picture
- Retells favorite story
- Makes up stories or tells about past events

Cognition & General Knowledge

(math, problem-solving, social studies, science)

- Lines objects up from smallest to largest
- Names four or more colors
- Counts to 10 or higher
- Points to the correct item when asked, "Which is the smallest, which is the tallest?"
- Successfully places the block behind, under, or in front of when asked

Approaches to Learning

(curiosity, initiative, creativity, follow-through)

- Offers ideas, suggestions, and plans
- Makes predictions
- Stays on task until it is time to quit or change
- Tries new things
- Completes simple task when asked
- Shows persistence when solving problems
- Engages in imaginative or pretend play with peers

Social & Emotional

- Chooses to play with other children
- Controls own emotions most of the time
- Shares and takes turns with other children
- Follows adult directions in a group setting

Physical & Motor Development

- Walks forward from heel to toe
- Catches a large ball
- Climbs steps, a ladder at the playground, slides down the slide
- Stands on one foot for a few seconds
- Hops on either foot
- Handles toileting needs independently
- Dresses self
- Completes simple puzzles
- Copies some shapes/letters
- Undoes buttons

>> Visit 5toThrive.org to take the *Readiness Check-up for children 1-5 years old*, and learn what skills your child should be developing in the years leading up to kindergarten. Check out helpful resources and find out how to register for kindergarten.

Tips to help your child *from* 3-4 years old

It's never too early to start preparing your child for kindergarten.

The years from birth through age five are very important as your child's brain is growing quickly. You can help your child be ready to thrive in kindergarten and beyond by taking steps to improve readiness skills in each of the 5 Kindergarten Readiness Areas. Listed below are tips and ways for you to help your child prepare for kindergarten.

Language & Literacy

- Read with your child every day – this is the best way to build a strong vocabulary for your child
- Visit the library and check out children's books
- Practice the alphabet with your child – find the letters in your child's name on signs, at the grocery store, on cereal boxes
- Read nursery rhymes to your child over and over to help her learn how to rhyme and say rhyming words
- Make up stories and let your child pick up a book and tell her own version of a story without you reading it
- Respond to your child – show you are listening, repeat
- Pretend to have a telephone, and have a conversation back and forth

Cognition & General Knowledge

(math, problem-solving, social studies, science)

- Teach your child names of colors and find the colors throughout the day on signs, at the grocery store, on clothes and books
- Play games with your child with objects you have around the house – line up two apples and ask, "Which is the biggest apple?" or, "Which cup has the most water? The least water?"
- Count objects – such as the number of people, the number of peas on her plate, the number of socks

Social & Emotional

- Let your child play with other children – take your child to library story times and to the park to learn how to play with others
- Help your child practice and understand taking turns and sharing toys with other children

Physical & Motor Development

- Show your child how to hop, jump, balance on one foot, then have her practice hopping, jumping, and balancing
- Take your child to the park and let her climb on the playground equipment
- Show your child how to button, snap, zip, etc., then have her button, snap, zip, etc.
- Show your child how to draw a picture – start with a stick figure of a person and let her practice drawing on her own
- Give your child child-safety scissors and teach her to cut

Approaches to Learning

(curiosity, initiative, creativity, follow-through)

- Help your child learn to solve problems—even if it takes a while, let her keep trying and celebrate when she figures it out!
- Encourage your child to try new things
- Ask your child open-ended questions like, "What are you excited about today?" then respond to your child, and ask more questions
- Establish a good daily routine, such as the same bedtime each day, reading to your child every night before bed, etc.

RESOURCES

Goodwill Easter Seals provides free screening to test children's readiness for kindergarten. Call 937.903.3099 for an appointment.

Reminder: Take your child to the pediatrician on a regular basis, and stay up-to-date on immunizations!