

# Readiness skills for birth to age 1



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

- Says "mama", "dada", or "bye-bye"
- Points to common items (cup, dog, mommy)
- Indicates needs with gestures (points to milk)
- Imitates sounds, words, or gestures

## Cognition & General Knowledge *(math, problem-solving, social studies, science)*

- Bangs two objects together
- Pokes or shakes to try to get a Cheerio out of a clear bottle or container
- Finds hidden objects easily (moves blanket to find toy)
- Begins to use some objects correctly (cup, keys, brush, phone)

## Approaches to Learning

*(curiosity, initiative, creativity, follow-through)*

- Shows specific preferences for certain people or toys
- Shakes rattle repeatedly to make the sound continue
- Explores objects through senses (touch, taste, smell, sound)

## Social & Emotional

- Laughs and smiles at family members
- Cries when mother or father leaves
- Looks for parent when approached by stranger
- Plays interactive games such as peek-a-boo, patty-cake, and/or so big

## Physical & Motor Development

- Holds on to furniture while bending over and picking up object
- Walks holding onto furniture
- Walks by holding a person's hand
- Picks up small objects with thumb and finger
- Puts objects into container
- Drinks from cup held with both hands

>> Visit [5toThrive.org](http://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.

## 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!

# Tips to help your child *from* birth-1 year 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 – board books are great for babies
- Talk with your child throughout the day – as you are changing your child's diaper, making dinner, shopping at the grocery store – describe the details of what you are doing and why (narrate), and describe what your child is doing: "You're pressing the button."
- Respond to your baby's babble – repeat the sounds and imitate your baby's babble

## *Cognition & General Knowledge*

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

- Play games with your baby – hide an object under a bowl or container and let your baby search for it; or play, "Where's your nose?" and then point to your nose and her nose; do this several times and then locate a new body part
- Spend time playing with your child – play peek-a-boo, pat-a-cake

## *Approaches to Learning* *(curiosity, initiative, creativity, follow-through)*

- Give your child the chance to play with different objects – look for safe toys like wooden spoons, measuring cups, empty paper towel rolls, pots and pans
- Play stacking games with your child – look for boxes or plastic containers that you can stack one on top of the other
- Ask your child questions throughout the day and help her find the answer – ask, "I wonder if it's sunny today?" and look outside to see the weather
- Establish a good daily routine, such as the same naptime and bedtime each day, reading to your baby every night before bed, singing a song every morning to start the day, etc.

## *Social & Emotional*

- Make eye contact with your child when you are talking or feeding your baby
- Sing songs with your baby, like "Twinkle Twinkle Little Star"
- Respond to your child's cry by picking her up, rubbing her back, comforting her with your words
- Cuddle with your baby; hold your baby
- Let baby look in the mirror, start to recognize self in mirror; ask your baby, "Where is your nose?"

## *Physical & Motor Development*

- Place your baby on her tummy for playtime several times every day, and get down on the floor with your baby
- Give your baby time to move on the floor in a safe area–this is how she exercises and builds her muscles to learn to crawl and walk
- Let your child hold bottles, cups, and eventually silverware as she gets older; show her how to hold them correctly
- Let your child feed herself