

## **KINDERGARTEN READINESS LIST**

If your child has acquired most of the skills on this checklist and will be at least five years old by September 30, 2017 before he or she starts [kindergarten](#), he or she is probably ready for kindergarten. What [teachers want to see](#) on the first day of school are children who are healthy, mature, capable, and eager to learn.

- Ability to speak clearly and express needs
- Ability to recall own full name, phone number, and address
- Ability to be away from home
- Ability to handle own hygiene needs
- Ability to play well with others
- Ability to make simple choices
- Ability to follow rules
- Ability to follow series of three directions (ie. Take out your crayon box, turn your workbook to the first page, and color the frog.)
- Ability to sit quietly and listen to a story for at least 5 minutes without interrupting
- Ability to use typical kindergarten art supplies such as crayons, paints, and glue
- Ability to copy simple shapes
- Ability to compare objects by size
- Ability to recognize rhymes
- Ability to recognize some letters of the alphabet
- Ability to count to and recognize numbers from 1- 10

### **What if Your Child is Not Ready for Kindergarten?**

If your child is not yet ready for kindergarten, there are several things you can do to help prepare him or her for the first day of school. Suggestions for each bulleted item from above.

- 1. [Speak clearly and express needs](#) - Communicate openly with your child and validate his needs so he feels they do matter. Then he will be more likely to express them - and practice makes perfect. However, if your child has a speech problem you will want to check with your pediatrician to seek speech therapy options before school enrollment.
- 2. [Recall own full name, phone number, and address](#) - Make a sign to hang on your child's door or wall that shows his phone number and address and place a bucket or basket beneath it. Tell your child that each time he comes and tells you one or both of the pieces of information he gets a small trinket to place in the basket. After a certain number of trinkets (10 or 15), let your child determine a reward such as a piece of candy or a trip to a favorite park.
- 3. [Be away from home](#) - If your child is close to kindergarten age and cannot be away from home, you may want to start leaving her with a sitter more often, preferably not in your home, to get her more comfortable with the idea of leaving home and always returning to it. Start with a small amount of time and gradually add more time as your child grows more comfortable.

- 4. **Handle own hygiene needs** - Teach your child to tie his shoes, wash his hands, and use the restroom on his own. He will also need to be able to zip his own coat and put on his own boots, hat, and gloves. These skills are easy to master if given time to practice. Hands-on learning is a strong enforcer. If any of the dressing skills are a concern, buy Velcro shoes or a coat with snaps to allow more time to practice.
- 5. **Play well with others** - If your child is lacking social skills and cannot get along well with others, try joining a playgroup. At the playgroup, your child will learn social skills while you are on site to provide supervision. After each play date, explain why certain behaviors were acceptable and why others were not.
- 6. **Make simple choices** - Help your child build confidence in his choices. In the morning, offer two or three choices for breakfast and let your child pick what to eat. When it's time to get dressed, set out three outfits for your child to choose from. When it's time to leave, let your child pick the shoes to wear. Making simple choices at home will enable your child to practice decision-making and feel more comfortable with it.
- 7. **Follow rules** - Some children have difficulty following rules because there have not been consistent consequences for misbehaving. A child needs to know consequences follow all actions. Children also have a difficult time following rules because they are too complex. Simplify your rules into a few major ones and hang them where the child can see them. If your child cannot yet read, use a picture to symbolize each rule.
- 8. **Follow series of three directions** - The ability to follow a series of three directions will come with practice. While at home with your child, let her practice by grouping your directions together by three's, such as wet your toothbrush, put toothpaste on it, and brush your teeth.
- 9. **Sit quietly and listen to a story for at least 5 minutes** - It is possible to expand a child's attention span at home through practice. When you read a story to your child, remind him to sit quietly and use his listening ears. Tell him that when the story is done, he can ask questions or go and play. Every few days, make story time a little longer

