



Preparing Your Child for Kindergarten: A Checklist for Parents and Families Parent Tip #4

This checklist, although not exhaustive, can help to guide you in preparing your child for school. It's best to look at the items included as goals toward which to aim. They should be done, as much as possible, through everyday life or by fun activities you've planned with your child. If your child lags behind in some areas, don't worry. Remember that all children are unique. They grow and develop at different rates—and no one thing guarantees that a child is ready for school.

Good Health and Well-Being

My child:

- Eats a balanced diet.
- Receives regular medical and dental care and has had all the necessary immunizations.
- Gets plenty of rest.
- Runs, jumps, plays outdoors, and does other activities that help develop large muscles and provide exercise.
- Works puzzles, scribbles, colors, paints, and does other activities that help develop small muscles.



Social and Emotional Preparation

My child:

- Is learning to be confident enough to explore and try new things.
- Is learning to work well alone and to do many tasks for himself.
- 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 (for example, picks up own toys).
- Is learning to use self-control.
- Can follow simple instructions.
- Helps with family chores.

Language and General Knowledge

My child:

- Has many opportunities to play.
- Is read to every day.
- Has access to books and other reading materials.
- Has his 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 (for example, by looking for red cars on the highway).

- Is learning to write his name and address.
- Is learning to count and plays counting games.
- Is learning to identify shapes and colors.
- Has opportunities to draw, dance, and listen to and make music.
- Has opportunities to get firsthand experiences to do things in the world—to see and touch objects, hear new sounds, smell and taste foods, and watch things move.

