



## School Readiness

Getting your child off to a good start in school is one of the best things you can do to lay a good foundation for all of his/her school years.

### What Can You Do to Help Get Your Child Ready?

- Have daily routines - morning, mealtime, snack time, nap time, bedtime
  - Teach your child how to get dressed and stay dressed
  - Teach your child to wash his/her hands after using the toilet and before eating meals and snacks
  - Set clear and simple limits for your child and be consistent
  - Cook together - teach your child to measure and follow directions
  - Go to the library and choose books together
  - Read and sing to your child, and let your child tell you stories
  - Give your child choices and easy chores to master
  - Teach your child acceptable behavior such as taking turns and sharing
  - Teach your child how to express feelings
  - Be active - play indoors and outdoors
  - Enjoy activities with your child that require drawing, coloring, cutting, gluing and painting
  - Go for a walk, to the park or a museum - talk about what you see, hear, and smell
  - Give your child a chance to learn to play and share with others
  - Have a positive attitude about school and learning
  - Check to make sure immunizations are up-to-date
  - Make learning fun!

### What Does Your Child Need to Know Before Starting?

- Use the washroom independently:
  - Taking pants on and off - buttons, snaps, or zippers
  - Cleaning self
  - Flushing toilet
  - Washing hands
- Print first name in upper and lower case letters and know full name, age and gender
- Listen to stories, poems, rhymes and books
- Understand and follow directions
- Talking and singing:
  - Speak clearly enough to be understood by the teacher
  - Tell the teacher what he/she needs
  - Ask some questions
  - Say rhymes or sing children's songs
- Share with others and take turns most of the time
- Make simple decisions

- Get dressed for recess
  - Coat, buttons, snaps, or zippers
  - Boots or shoes - laces or Velcro
- Play near others while continuing own activity
- Hold a crayon or pencil correctly
- Draw a person with 3 or more body parts
- Snip paper with scissors
- Catch a large ball with arms out
- Walk up and down stairs