

## **School Readiness**

When your child starts school, this can be both an exciting and unnerving time. So many questions, so many worries and so many expectations! Many factors come into play when we talk about getting children ready for school and off to a good start. In order to know where to start, you have to ask yourself, what does it mean to say my child is “ready” for school? “School Readiness” encompasses many factors. It’s not just about the ABC’s & 123’s. It is about a child’s ability to function academically, socially and physically in a school environment. There is no one true list, however here are a few tips that can assist you helping your child be a successful learner:

- ❑ Choose a good child care program. Quality early childhood programs will help your child develop the knowledge and skills needed to be ready for school.
- ❑ Communicate with your child. Teach your child the value of using language and listening to others.
- ❑ Set limits for your child. Also develop a daily routine and stick with it.
- ❑ **READ TO YOUR CHILD**
- ❑ Take an interest in what your child is doing and what goes on at their child care program or preschool program.
- ❑ Give your child responsibilities and household chores that fit their age level.
- ❑ Be sure that your child has opportunities to socialize with other children.
- ❑ Help them learn good self-care routines
- ❑ Allow your child to gain a variety of experiences by taking them to different places
- ❑ Make sure your child eats healthy foods, has annual checkups at the doctor and gets daily exercise
- ❑ Encourage your child to practice skills like following directions and retelling stories
- ❑ Work on skills at home like counting, sorting, reading and drawing
- ❑ Learn about the local school registration process and requirements
- ❑ Contact your local school district for school enrollment dates
- ❑ Educate yourself on what is expected of your child once they enter school
- ❑ Talk to your child about starting school
- ❑ Attend community Kindergarten orientations, screenings and visit the school
- ❑ Take your child to visit the school they will be attending and to meet his/her teacher
- ❑ Don’t be afraid to ask questions or express your concerns to your child’s teacher or school administrators