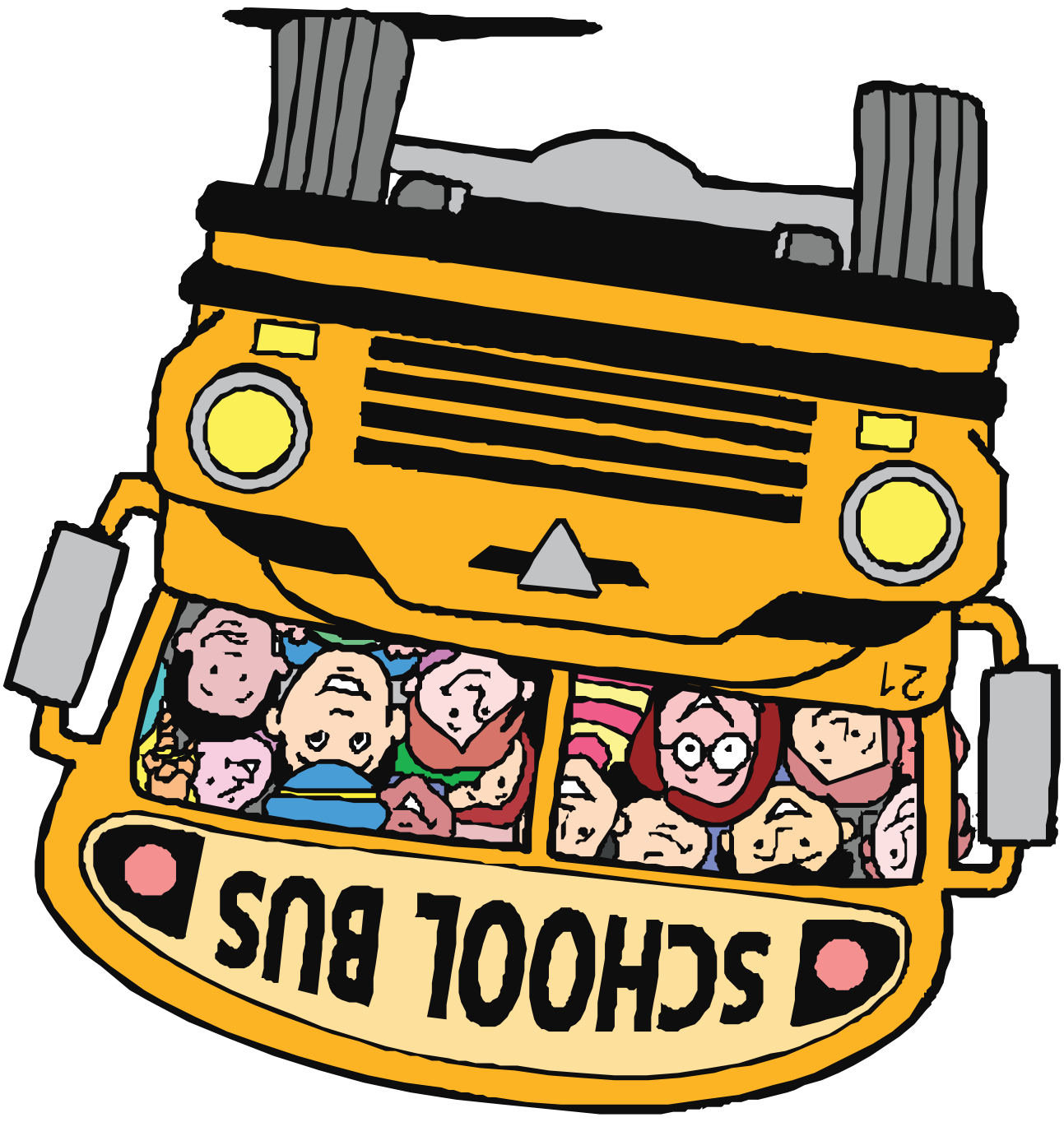

SUCCESS BY 6™
United Way of Lancaster County

Kindergarten Readiness Checklist

Parenting Tips to Help Your Child Succeed

BEING A GOOD PARENT IS ONE OF THE MOST DIFFICULT AND REWARDING JOBS YOU WILL EVER HAVE. EVERY PARENT WANTS THEIR CHILD TO SUCCEED IN SCHOOL AND IN LIFE.

Act as a positive role model by demonstrating a positive and healthy lifestyle. Be sure your lifestyle choices do not put your child at risk for physical or emotional harm.

Provide nutritious food, appropriate clothing and a safe and healthy home. Use an age/size appropriate car safety seat. Provide supervision according to your child's age and needs. Be constantly aware of the activity and whereabouts of your child.

Make sure your child gets regular medical and dental care. Know basic first aid techniques and treatments.

Understand your child's ages and stages. Interact with your child in a developmentally appropriate manner. Your child should be able to wait to get your attention and help to pick up toys.

Show affection to your child by providing hugs and gentle touches. Comfort your child when he or she is upset. Interact with your child through conversation, eye contact and facial expressions. Use positive words and avoid "put downs." Children respond best to praise and positive reinforcement for appropriate behaviors.

You are your child's first teacher – what you do does impact on your child's love of reading and learning success. Help your child get the most benefit from his/her school experiences to assure they reach their full potential. Be aware of community resources if you are having difficulties dealing with your child in any way.

- **Prepare your child for school success by providing appropriate books and toys.**
- **Read to your child every day. Take your child to your local library.**
- **Interact with your child in a variety of play and reading activities.**
- **"Get down" to your child's level during play activities.**
- **Be understanding and sensitive to your child's wishes and needs.**
- **Spend time talking with your child.**

Learn, and use, a variety of behavior techniques that are developmentally appropriate for your child.

- **Plan Ahead – Prevention and preparation are necessary to keep your child safe.**
- **Use Positive Reinforcement – Catch your child being good and offer praise.**
- **Distract your child from inappropriate behavior or activity by offering a diversion or substitute activity, or a change in the environment.**
- **Provide appropriate activities and choices for your child.**
- **Behave in a manner that sets a good model for your child.**
- **Set appropriate limits for your child and maintain them, establish house rules which include routines and framework for daily living.**
- **Discipline your child with care and appropriate actions. Use "Time Outs" or Counting Out and Counting Down (Counting Out - You have to the count of three to do…; Counting down – In ten minutes it will be time for your bath.)**
- **Set natural and logical consequences for misbehavior, such as taking away privileges.**
- **Be consistent with your child.**

Take time for yourself and take care of yourself. It is important for you to enjoy activities alone or with other appropriate adults.

If you need assistance, and don't know where to turn, please call 717.291.LINC (5462). www.uwlanc.org

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Kindergarten Readiness Checklist

Not sure if your child is ready to tackle the world of kindergarten? This checklist has been developed to help you prepare your child for school. It is designed to help you look at your child's physical, social, emotional and academic development.

It is intended for four and five year olds. The criteria on the checklist should not be applied to children three years old or younger.

Child's Name:

I can do this consistently	I am making progress	CRITERIA
Letters and Words:		
☐	☐	Recognizes and names at least 10 letters of the alphabet
☐	☐	Matches a letter with the beginning sound of a word: for example, matches the letter "b" with a picture of a banana
☐	☐	Recognizes rhyming words such as cat and hat
☐	☐	Recognizes letters in his or her own first name
☐	☐	Begins to write some of the letters in his or her own first name
☐	☐	Recognizes his or her own first name in print
☐	☐	Understands words such as "top" and "bottom" and "big" and "little"
☐	☐	Recognizes words or signs he or she sees often, for example: McDonalds, Wal-Mart or stop signs and exit signs
☐	☐	Begins to draw pictures to express ideas and tell stories
☐	☐	Recognizes and names at least five colors
Speaking:		
☐	☐	Shares and talks about his/her own experiences in a way that can be understood by most listeners
☐	☐	Follows directions with at least two steps, for example: "Pick up the blocks and put them on the shelf, please."
☐	☐	Initiates and joins in conversations with adults and children
☐	☐	Asks questions about how things work in the world around him, for example: "Why do babies cry?"
☐	☐	Says and/or sings familiar nursery rhymes
☐	☐	Answers simple questions: who, what, when, where?
Books:		
☐	☐	Holds and looks at books correctly: for example, holds the book right side up and turns the pages one at a time from front to back
☐	☐	Tells a story from the picture on the cover or in the book
☐	☐	Retells a simple story such as the *Three Little Pigs* after listening to it while looking at the pictures in the book
☐	☐	Makes simple predictions and comments about a story being read
☐	☐	Shows growing interest in reading and being read to
Numbers and Shapes:		
☐	☐	Counts out loud from 1 to 10 in correct order
☐	☐	Identifies written numbers from one to ten
☐	☐	Puts written numerals in order from 1 to 10: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
☐	☐	Counts at least 5 objects such as 5 bananas and 5 cookies
☐	☐	Sees the numeral 3 and understands this means 3 objects, such as 3 cookies
☐	☐	Adds and subtracts familiar objects such as raisins
☐	☐	Recognizes and names 4 shapes: circle, square, rectangle and triangle
☐	☐	Uses familiar objects, such as raisins, to show concepts of more and less
☐	☐	Draws a line, circle, rectangle, triangle, X and +
Same, Different and Patterns:		
☐	☐	Matches two pictures that are alike
☐	☐	Looks at groups of objects and says which are the same shape, color or size
☐	☐	Tells things that go together, for example: a spoon and fork are for eating and a fish and a boat go in the water
☐	☐	Repeats a pattern you start, for example: step, step, jump - step, step, jump
☐	☐	Puts three pictures in order, for example: 1. Planting flower seeds 2. Flowers growing 3. Picking flowers
Growing Up:		
☐	☐	Tells full name, address and telephone number
☐	☐	Tells if he or she is a boy or a girl
☐	☐	Tells how old he or she is
☐	☐	Takes care of own needs such as toileting, washing hands, dressing and trying to tie his or her own shoes
☐	☐	Adjusts to new situations without parents being there
☐	☐	Runs, jumps, hops, throws, catches and bounces a ball
☐	☐	Rides a tricycle
☐	☐	Uses pencils, crayons and markers for drawing and writing, cuts safely with scissors
☐	☐	Attempts and completes tasks, understands it's okay to make mistakes
☐	☐	Remembers to say "please" and "thank you"
☐	☐	Resolves conflicts with playmates and others appropriately
☐	☐	Responds appropriately to his feelings and the feelings of others
☐	☐	Uses words to express feelings, "I'm angry", "I'm sad"
☐	☐	Takes turns, shares and plays with other children
☐	☐	Initiates positive interaction with peers
☐	☐	Puts puzzles together
Health & Safety:		
☐	☐	Follows a set routine and schedule for preparing for bed, personal hygiene and eating meals
☐	☐	Uses good habits, for example: uses a spoon to eat, closed mouth when chewing, covers nose and mouth to sneeze and washes hands after using the toilet and before eating
☐	☐	Is aware of and follows simple safety rules
☐	☐	Visits the doctor and dentist regularly
☐	☐	Recognizes potentially dangerous or harmful objects, substances, situations and activities
☐	☐	Asks for adult help when needed
☐	☐	Participates in vigorous physical activity daily

Remember that play is an important part of learning. Your child learns best when he or she is spending time with you and doing activities which are interesting and fun!

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This Kindergarten Readiness Checklist is excerpted and adapted from the "Getting Ready for Kindergarten" calendar produced by Success By 6, the Early Childhood Initiative of the United Way of Carlisle & Cumberland County in Carlisle, Pennsylvania, and the school readiness calendar produced by the Arkansas Dept. of Human Services, Division of Child Care and Early Childhood Education. Our special thanks for their willingness to share their work with us.

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