



This handout is designed to accompany the podcast School Readiness.

## Is My Child Ready for Kindergarten?

Children who are five years old by December 1 are eligible to enter Kindergarten. However, when children come to kindergarten with certain life skills already mastered, their adjustment to school may be more comfortable. To get your child off to the best start, please practice these skills before school begins.

### **Self Care Skills:**

- Buttoning, Snapping and Zipping
- Putting on jackets without assistance
- Independence in the bathroom, including washing and drying hands
- Identifies his or her first and last name
- Identifies parents' first and last names
- Knows parents' phone numbers
- Provides home address
- Knows own age
- Can ask for help when needed

### **Social Skills:**

- Sharing
- Listening
- Respect for others
- Separates from parent without excessive anxiety
- Kindness
- Taking turns
- Can listen to an entire story read in a group setting
- Follows 3-step directions

### **Cognitive Skills:**

- Recognizes basic shapes, (circle, square, rectangle, triangle, oval)
- Speaks in complete sentences
- Repeats simple stories
- Recognizes basic colors ( red, yellow, blue, green ,orange, purple, black, brown, white)
- Works simple puzzles
- Recognizes first name in print
- Can draw a picture to represent an idea
- Counts five objects

### **Motor Skills:**

- Can cut with scissors
- Can write/draw with a pencil
- Demonstrates gross motor skills ( hop, jump, run, bounce ball etc)

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COMMUNITY



CCCC is a program operated by the Kern County Superintendent of Schools Office, Christine Lizardi Frazier, Superintendent



## What can you do to prepare a child for school?

Parents are a child's most important teacher throughout childhood. You can help to prepare your child for school by paying attention to these important activities.

**Read, Read, Read with your child.** Reading to your child helps build a love of stories and reading. Parents, grandparents and child care providers should take time to read together everyday. Use picture books, magazines, signs, anything with printed words. Discuss the words and the beginning sounds. This helps children to understand that each letter represents a sound, an important pre reading concept. Have books available at home ( you can check them out at the library) so your child can read anytime he or she wants to.

**Provide play experiences with other children.** This important activity develops social skills, building independence and confidence. Unscheduled, free play-time is important to learning. As children play they learn important negotiation skills that help them to get along with other children.

**Make the most of 'family time'.** Talk to your child. Encourage questions. Spend time together...nature walks, puzzles, baking cookies. Conversation builds vocabulary and helps children to express themselves when they get to school. Explore a park or a museum. Do household chores together. Children with a broad range of experiences may be less overwhelmed by the school day and more comfortable with the variety of activities we offer in kindergarten.

**Be positive about school.** Check with the school your child will be attending to see if you can visit before school starts. Some schools even allow children to meet their teachers a few days before the office "first day of school". If you are excited and positive about school, your child will be as well. Answer your child's questions and reassure that kindergarten will be a great experience. Talk about things your child will learn in school...such as colors, numbers, shapes and letters.