



School **READINESS** checklist

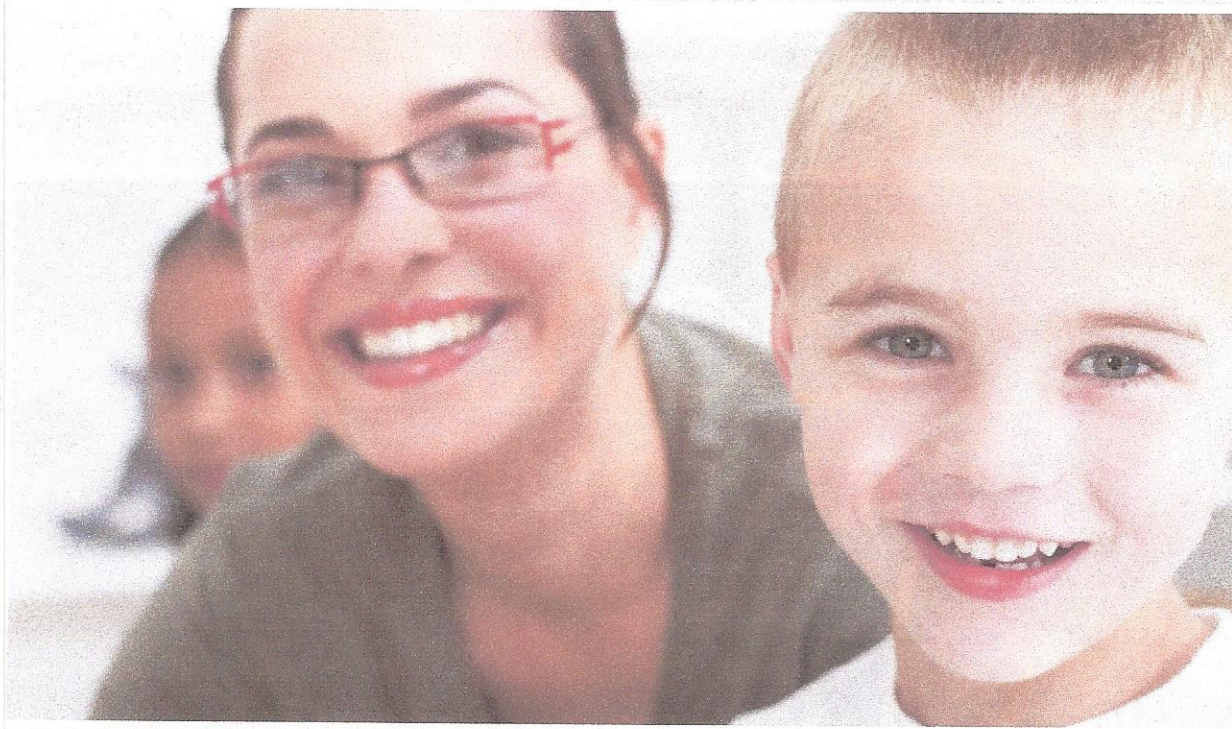
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Introduction

Is your child ready to start school next year?

Parents know that school readiness is determined by much more than a child's chronological age. In order to make a successful and happy start to school, children also need to have a firm grasp of language, motor coordination, social and emotional skills.

The comprehensive checklist in this guide will give you an overview of your child's skills and help you to determine areas in which your child might need additional practice before school begins.



Social Skills CAN YOUR CHILD?	Always does this very well	Can do this sometimes	Usually needs assistance
Face a person when they are talking and give "eye contact"			
Comply with requests, cease activity when requested			
Manage frustration and avoid tantrums			
Wait patiently for several minutes for adult attention			
Sit at a table and work for 10 minutes (with assistance)			
Separate from parents			
Independently begin an activity			
Ask for and accept help if necessary			
Play at an activity for 20 minutes or more			
Play co-operatively with friends for 20 minutes or more			
Share own toys with friends			
Take turns in a small group game without assistance			
Understand the needs and feelings of others			

Independence Skills CAN YOUR CHILD?	Can do this very well	Can do this sometimes	No, needs Assistance
Put on/remove socks, shoes, jacket			
Do up buckles/velcro (not laces) on shoes/ sandals			
Do up large buttons			
Go to the toilet independently			
Wash and dry hands independently			
Blow nose and wipe efficiently			
Unwrap and eat lunch, peel fruit, manage lunchbox			
Use a spoon and fork independently			
Unscrew a drink bottle			
Recognise belongings amongst others eg raincoat			
Take care of own belongings eg put bag in a designated place			
Tidy up own things, pack away			

Communication CAN YOUR CHILD?	Can do this very well	Can do this sometimes	No, needs Assistance
Initiate and sustain conversations with adults and other children			
Speak clearly and audibly and maintain eye contact			
Speak without shouting or whispering			
Answer inferential questions, eg why? what's next ?			
Describe recent experiences			
Recite rhymes and sing songs			
Retell stories			
Understand requests and seek clarification			
Carry out three directions in sequence			
Listen attentively and answer questions in a group situation			
Talk reciprocally with peers and take part in conversation			
Interrupt conversations appropriately			







Fine Motor & Cognitive Skills CAN YOUR CHILD	Can do this very well	Can do this sometimes	No, needs Assistance
Recognise own first name			
Isolate fingers (eg to point)			
Understand reading conventions (eg tracking Left to Right across a page)			
State full name, address, age			
Hold a pencil in an appropriate grip			
Draw recognisable pictures of people			
Copy simple shapes: circle, triangle, square			
Cut along a 10cm line with scissors, cut simple shapes			
Complete interlocking puzzles of 8-10 pieces			
Name primary and secondary colours			
Name 6 geometric shapes			
Sort and classify objects (eg by colour, function, size etc)			

Attempt to solve problems independently			
Describe concepts eg. big/small, more/less, same/different, in front/behind, under/over, actions etc			
Count objects with 10 or more in the group			
Concentrate on a story being told in a group setting, despite distractions			
Enjoy interactive reading and answer questions about stories in a 1:1 setting			
Attempt to solve problems independently			



Gross Motor & Orientation Skills CAN YOUR CHILD?	Can do this very well	Can do this sometimes	No, needs Assistance
Move about confidently at preschool			
Manage unfamiliar environments			
Manage changes in the environment independently eg stairs, obstacles, uneven ground			
Understand spatial concepts eg up/down, next to, left/right			
Move with a line of children at routine times			
Use a wide range of gross motor equipment			
Play imaginatively (indoors and outdoors)			
Catch and throw a ball with a partner			
Kick a ball			
Play actively with friends outside for 50-60 minutes			
Understand the need for safety eg roads, heights			

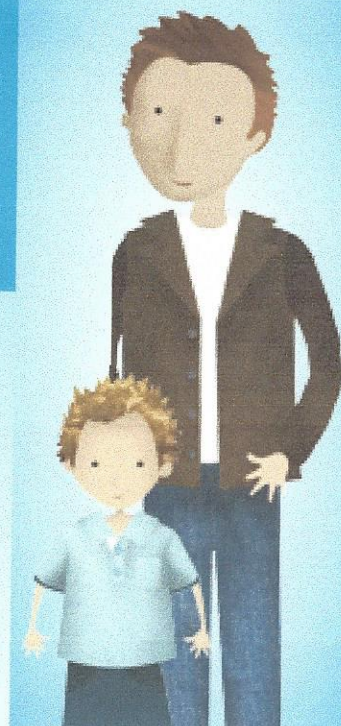
If, after completing this checklist, you have concerns for your child's development or questions about his / her school readiness, seek professional advice from:

-  Your child's preschool
-  Your family GP
-  Your paediatrician
-  A paediatric Speech Pathologist
-  A paediatric Occupational Therapist
-  A Child Psychologist



Ready for school checklist

Tick each item when it has been done (not all tasks will apply to you).



This year

- ☐ If your child attends preschool or a long day care centre, talk to staff about their transition to school.
- ☐ Attend school orientation or transition to school program and make sure you have the school's phone number.
- ☐ Take your child to your local community health nurse or doctor for a health check before school starts.
- ☐ If your child has an allergy, medical condition, takes medication or has any special needs, inform the school as early as possible and make an appointment to see the principal.
- ☐ Fill in a travel pass application if this applies to you. If needed phone 1800 227 774 or (02) 9891 8900 or go to www.transport.nsw.gov.au/ssts
- ☐ Organise out of school hours care.
- ☐ Practise walking or travelling to school.
- ☐ Continue reading to your child.



Free School Readiness Check-List

Posted on August 13, 2014 by Kids First • 0 Comments

Unsure if your child has the skills needed to start school successfully next year? Here's independent advice and a free checklist to help you make an informed decision.



In NSW, your child can start Kindergarten at the beginning of the school year if they turn five on or before 31 July in that year. By law, all children must be enrolled in school by their sixth birthday.

Going to 'big school' will be a change for your child. In the months leading up to your child's first day at school you can help prepare your child for the changes to come by supporting your child's development of these skills:

Language skills

Schools are very verbal environments and your child will need to be able to follow instructions and understand what teachers are saying, as well as being able to communicate what they know, want and need to teachers and peers. Determine how your child's language skills are progressing when you download the check-list at the bottom of this page.

Motor co-ordination and skills

With 20+ children in a class, it's unlikely that your child's teacher will be able to provide the one to one help that your child is used to at home. Your child will need well-developed co-ordination skills to dress and undress, unwrap lunch, use a pencil and scissors, and participate confidently in learning activities that require eye hand and motor co-ordination. The check-list below

Concentration and emotional maturity

At school, your child will need to be able to socialise, follow the rules of a game and play cooperatively with classmates. Your child also need to be able to deal with the structured nature of a classroom and be able to focus on tasks, follow directions from teachers and cope with transitions from one activity to another. Decide if your child has the emotional maturity for starting school using the check-list below.

Social Maturity and Independence

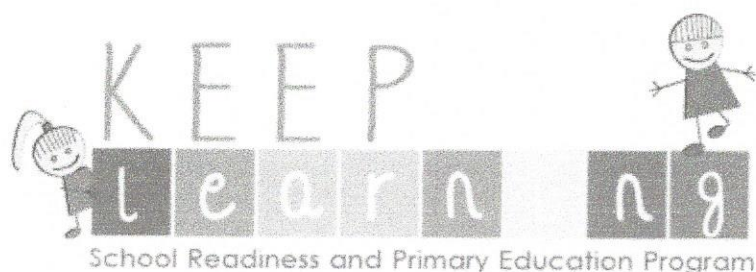
There will be times when your child will have minimum adult supervision at school. This includes going to the toilet by themselves, dressing, and being able to follow a structured classroom routine. Your child will need to be able to deal with challenges like not always being the winner and complying with what a teacher asks of them, even if they do not want to.

Sonja Walker

Teacher & Kids First founder

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Need school readiness help for your child?



School Readiness Checklist

Language Skills

- ☐ Speaks clearly and in complete sentences about familiar objects and events
- ☐ Answers and asks simple questions
- ☐ Expresses their needs
- ☐ Follows two- or three-step instructions
- ☐ Recognises the first letter of their own name and recognises other words that begin with that letter
- ☐ Can say or sing the alphabet
- ☐ Recognises and names some letters of the alphabet and is beginning to recognise some upper- and lower-case letters
- ☐ Holds and uses a book correctly, knows that words are what you read and knows that words have meanings
- ☐ Uses books for enjoyment or for looking at pictures
- ☐ Can sit still to listen to a story for a few minutes and recall events and characters
- ☐ Recognises and names colours
- ☐ Uses a variety of things (pencils, crayons, paint, textas, sticks in the sand) to draw, to scribble or to write
- ☐ Joins in singing familiar songs and rhymes

Mathematics

- ☐ Recognises numbers
- ☐ Can count to 20 and can count objects, such as apples, up to at least five
- ☐ Recognises and makes new patterns and designs, such as red-blue-red-blue or 2 – 1 – 1 – 2 – 1 – 1 – 2 – 1 – 1
- ☐ Uses words such as many, a lot, more, less
- ☐ Identifies things in a group that are different
- ☐ See differences in shapes
- ☐ Differentiates between opposites – under and over, big and small, day and night, hot and cold

Personal Social Skills

- ☐ Can say own name and address
- ☐ Uses the toilet independently and washes their own hands
- ☐ Adapts to unfamiliar settings and new experiences and deal with challenges
- ☐ Can finish a task and tidy up afterwards
- ☐ Plays co-operatively with other children – shares and takes turns and adapts to doing things differently
- ☐ Is curious about the world
- ☐ Can share an adult's attention with several other children
- ☐ Participates in imaginative play

Physical Skills

- ☐ Uses scissors to cut along a straight line
- ☐ Enjoys a variety of indoor and outdoor play
- ☐ Can run, jump, catch, balance and dance
- ☐ Can put on and take off jumpers, shoes socks independently
- ☐ Makes and designs things using a variety of materials

Remember that play is an important part of learning. Your child learns best when they are spending time with you and participating in activities that are fun and interesting. Practice these skills at home with your child.