

Essential School Readiness Checklist

As a parent, you want to give your child the best start possible. Below is a checklist of skills that will help your child succeed when they begin Kindergarten in Arlington Independent School District.* Use this list to identify areas in which you can work with your child to ensure a successful start in school.

Physical Well-Being and Motor Development

- Walking, running, climbing, dance are coordinated and flexible
- Throws, catches, and kicks a ball
- Manages small objects like clothing fasteners and small toy parts
- Independently performs tasks such as dressing, toileting, handwashing

Social and Emotional Development

- Not easily defeated; has a "try again" attitude
- Understands the need for rules and limits
- Manages emotions before they get out of control
- Plays vigorously with energy and endurance
- Interacts easily with playmates
- Accepts adult guidance
- Willing to try new or challenging activities

Language and Literacy Development

- Enjoys talking; uses lots of words
- Uses language to express needs, feelings, and to ask questions,
- Listens and sustains interest when communicating
- Shows awareness of word sounds such as rhymes and rhythms
- Enjoys storybooks and listening to stories
- Knows full name and recognizes own name in print



Thinking and General Knowledge

- Recites numbers in sequence; counts objects correctly to 10
- Sorts objects by color, shape, or size
- Understands words such as: over, under, beside, above, small, large, heavy, light, more, less, none
- Exhibits family and cultural pride
- Shows respect for similarities and differences among people
- Exhibits curiosity about objects, events, and things in the environment
- Enjoys creative activities such as drawing, play dough, and block building
- Uses objects and playthings to pretend and to construct
- Attempts to copy patterns, shapes, and symbols in drawing
- Responds spontaneously to a variety of forms of music

* Some children who experience various physical, emotional, and/or developmental challenges might not possess some of these skill sets by the time they enter Kindergarten.



Vision

All children in Arlington will experience quality early childhood development and will be ready for school.

Mission

The Arlington Child Care Council will design and support a comprehensive Arlington early care and education system that will improve the quality, accessibility and utilization of informal and formal child care.

If you are concerned that your child is not able to perform some of the activities listed in this brochure, please dial 211. You will reach United Way staff who can connect you to resources for you and your child.

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817-496-6099
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The Arlington Child Care Council (ACCC) is a free-standing, citizen-driven initiative composed of business, civic, faith, school district and child care provider community members. Support services for the ACCC are provided by the Tarrant County Youth Collaboration (TCYC), a 501(c)(3) non-profit corporation.

A member of the Tarrant County Youth Collaboration Children & Youth Network



Ready For School

Age

1



Get Ready for Kindergarten



SKILL SET BUILDING ACTIVITIES

Now that you've identified the specific School Readiness Skills you would like to work on with your child, below are examples of some activities you can do to ensure that he or she is ready for school. For more skill set building activities check our web site: www.tcy4kids.org/accc.

Large and Small Muscle Coordination

Skill Set builder: Coordination, balance and flexibility	1 year old activities: - Roll small ball back & forth - Bowl with child using a ball and plastic bottles
Holding and manipulating small play objects	- Finger Paint with pudding - Play with "Busy Boxes" with controls & buttons - Play dump and fill with small blocks and pail
Exhibiting age-related coordination	- Provide pull toys to use while walking - Make a game of carrying soft toys or objects while walking

Emotional and Social Resilience

Skill Set builder: Positive self-regard	1 year old activities: - Specifically & positively express your feelings for child and his/her accomplishments - Verbal & physical recognition
Pride in accomplishments	- Offer gestures and responses child can imitate when appropriate (clapping, "So Big!")
A "try-again" attitude with difficult or challenging tasks	- Offer activities child can master - Reinforce successes

Math, Social Studies and Art

Skill Set builder: Reciting numbers in sequence	1 year old activities: - Count child's toes and fingers - Count Cheerios or Goldfish - Explore counting books together
Counting (using one-to-one correspondence), sorting, ordering, making patterns	- Count blocks as the child puts them in a bucket to dump - Provide a shape sorter - Look at family photo and label family members for child - Explore board books about family
Exhibiting beginning awareness of the needs and rights of others	- Express your feelings and the feelings and rights of others while playing with child - "Sue had that first, let's share." - Model expected behavior
Exhibiting beginning awareness of family and cultural membership and similarities and differences among people	- Look at family photo and label family members for child - Explore board books about family
Exhibiting beginning awareness of the importance of rules in family and school	- Set boundaries - Offer child an alternative when possible - "Chairs are for sitting." - Follow through if necessary
Engaging all five sense to explore	- Offer toys & activities that stimulate all senses - During play encourage child to use all senses - "Feel it, it's soft." - Put on music and dance with child - Encourage child to care for a doll

Self-Confidence

Skill Set builder: Interacting with playmates	1 year old activities: - Peek-a-Boo with caregiver - Play any game with gestures or actions to imitate - Set up play dates with other children
Self-selecting activities	- Provide child with appropriate choices in activities, toys and foods - Provide specific praise when child makes appropriate choices
Initiating an idea or activity	- Reinforce child positively with words and play when he/she brings a toy/activity to caregiver
Engaging in new or challenging activities	- Provide activities at which child can succeed - Talk to child, reassure and guide him/her through each step
Seeking adult assistance	- Positively respond to child when he/she seeks your assistance - Model words or gestures to use

Emotional Maturity

Skill Set builder: Using language to express feelings and needs to resolve conflicts	1 year old activities: - Label emotions child expresses - Model acceptable words or actions ("No," "Mine" "Juice" "Blanket" ...) - Redirect unacceptable expressions
Demonstrating age-appropriate self-control	- Monitor to ensure child does not become over tired, hungry or frustrated - Calm child with speech & touch
Seeking and/or accepting comfort, assistance, and guidance	- Positively respond to child when he/she seeks your assistance - Model words or gestures to use
Employing age-appropriate self-comforting strategies	- Provide a "lovey" to soothe child (bear, blanket, doll) - Allow child ample time/place to soothe self - Stay calm & supportive

Uses Language Effectively

Skill Set builder: Communicate needs and interests	1 year old activities: - Provide words for gestures ("You want to go outside") - Encourage child to use one - two word requests ("juice," "bear")
Listen and engage in conversation	- Talk to child throughout the day - Provide child with labels for objects and actions
Communicate play and pretend intentions	- Provide words for gestures ("You want to go outside") and encourage child to use words
Share ideas and convey meaning	- Listen to child - Share ideas with child
Share stories and events	- Listen to child - Share ideas with child

Self-Care

Skill Set builder: Self-dressing	1 year old activities: - Label items of clothing and body parts as you dress child - Help child dress and undress; encourage him/her to finish
Toileting	- Talk to child using "potty terms" while diapering child - Use same terms when you notice child is having a BM
Hand-washing and personal cleanliness	- Give child a warm wash cloth to wash hands and face after diapering & eating - Let child "brush" teeth & hair
Self-feeding	- Provide finger foods - Encourage child to use cup
Responsibility for personal belongings	- Child shadows caregiver in putting away toys or clothes - Child "washes" eating space

Curiosity, Creativity and inventiveness

Skill Set builder: Asking questions; seeking information	1 year old activities: - Be open and available - Answer specific question child asks (not too much information) and ask child questions
Exploring learning materials	- Create safe environment for exploration - Offer a variety of new learning materials
Using play equipment and learning materials for a variety of pretend and constructive purposes	- Provide a variety of ways to use materials - Reinforce creative uses
Participating in a variety of experiences	- Expose child to a variety of toys and experiences - Offer support and guidance as they explore
Engaging in creative and imaginative play	- Provide dolls, encourage child to "care" for baby (feed, clothe, diaper, cover with blanket)
Uses objects to represent ideas, or events	- Give child a play telephone to play with and imitate as you use the phone

Exhibits Increasing Awareness of Print

Skill Set builder: Associating stories and books with pleasure and information	1 year old activities: - Let your child see you reading - Read a variety of genre with child
Recognizing and beginning to print name	- Teach child to say his name
Showing interest in print and understanding that print conveys meaning	- Read to child
Demonstrating an awareness of sounds in spoken words (e.g., rhymes and alliterations)	- Read poems and rhymes to child - Sing rhyming songs with child (Open, Shut Them; Pat-a-Cake)
Demonstrating some book and story knowledge	- Lap read to the child