

# Is Your Child Ready for School?

Children who are ready for school show a variety of skills and interests. Check the chart below to see how you can help your child prepare for school.



Developmental Area	Skills and interests that show your child is ready for school	Ways to help prepare your child for school
<b>Physical Health and Well-being</b>	<ul style="list-style-type: none"> <li>. Is able to choose healthy snacks and foods.</li> <li>. Is developing daily living skills and washroom independence.</li> <li>. Enjoys a variety of physical activities (e.g., running, swimming, ball games).</li> </ul>	<ul style="list-style-type: none"> <li>. Provide a variety of foods from all food groups.</li> <li>. Encourage personal hygiene, dressing, and tidying up.</li> <li>. Encourage physical and outdoor activities.</li> <li>. Limit computer and television times and monitor games and programs.</li> </ul>
<b>Social Development</b>	<ul style="list-style-type: none"> <li>. Shows curiosity about the world and eagerness to try new experiences.</li> <li>. Cooperates/plays with 1-2 children of similar age.</li> </ul>	<ul style="list-style-type: none"> <li>. Support your child in taking small "risks" (e.g., learning to ride a bike).</li> <li>. Arrange play times with other children.</li> </ul>
<b>Emotional Development</b>	<ul style="list-style-type: none"> <li>. Is developing the ability to cope with small challenges.</li> <li>. Is persistent in repetitive but necessary tasks.</li> </ul>	<ul style="list-style-type: none"> <li>. Stand back (providing situations are safe), as your child takes on small challenges.</li> <li>. Encourage your child in these tasks and celebrate attempts as well as successes.</li> </ul>
<b>Communication and General Knowledge</b>	<ul style="list-style-type: none"> <li>. Communicates his or her own needs, speaks clearly for the most part, and understands others.</li> </ul>	<ul style="list-style-type: none"> <li>. Read and talk about books and stories.</li> <li>. Talk about topics of interest to your child.</li> <li>. Use appropriate language, not "baby-talk".</li> </ul>
<b>Language and Thinking Skills</b>	<ul style="list-style-type: none"> <li>. Has favourite books, stories, and magazines.</li> <li>. Enjoys rhymes, songs, chants, and simple number games.</li> <li>. Enjoys solving age appropriate riddles and puzzles.</li> </ul>	<ul style="list-style-type: none"> <li>. Talk with your child about stories and poems you read/recite together.</li> <li>. Play simple games (e.g., "I Spy..." and matching games).</li> </ul>

For more information on community factors that support readiness to learn or to access local research results, please contact the Early Childhood Community Development Centre at: 905-646-7311.

