

# HELP YOUR CHILD GET READY FOR KINDERGARTEN

Is your child ready to begin kindergarten? This sheet has been developed by the school districts in Polk County to help you know what you can do to prepare your child for school. This checklist is for children four and five years old and should not be used with children three years old or younger. For information and tips on younger children please refer to the Born Learning website [www.bornlearning.org](http://www.bornlearning.org) or call Kay Tannatt at 515-557-9006.

Children learn through everything they do. Most of the skills on this list are developed through everyday activities.

***Playing with, reading to, and talking with your child are the primary ways you can help your child learn.***

**Use this list to help your child prepare for kindergarten. Your child does not need to know all of these skills to go to kindergarten. If you have concerns about your child's development after going over this checklist contact your local school district.**

Ankeny 965-9600

Johnston 278-0552

Southeast Polk 967-7806

Bondurant-Farrar 967-7819

North Polk 685-3014

Urbandale 457-5855

Des Moines 242-7588

Saydel 244-8173

West Des Moines 633-5010

## Language & Literacy: Communication Skills

- Understands and can follow short, two- or three-step directions, such as, "Get your shoes, get your coat and go to the door."
- Speaks clearly and in complete sentences so others can understand.
- Uses pencils, crayons, and paper. Can scribble and make letter-like shapes to express an idea.
- Holds and looks at a book correctly. Knows that words are what you read. Know words have meaning.
- Listens to a story and remembers events and characters. Tells you the beginning, middle, and end of story.
- Recognizes rhymes and word play. Can say or sing simple poems, nursery rhymes and songs.
- Can say or sing the alphabet.
- Recognizes first letter of own name. Recognizes other words that begin with that letter.
- Recognizes and names some letters of the alphabet and is beginning to recognize some upper- and lower-case letters.

## Physical Health and Development

- Runs, jumps, and hops. Throws, catches, and bounces a ball.
- Uses hands and eyes together to put together puzzles, cuts with scissors, and uses tape.
- Can do some of these things without help, use the bathroom, wash hands, get dressed, tie shoes, zip coat, and button shirt.
- Visits the doctor and dentist regularly. Vision, hearing, dental, and physical health are checked and treated if needed.

## **Social & Emotional Development**

- Shares and takes turns. Works well with adults and children.
- Can adjust to new people and places without parents being there.
- Able to sit still and take turns talking and playing. Waits to be called on, does not interrupt.
- Respects and shows concern for others. Works and plays without bothering others, and can change behavior when asked.
- Expresses basic needs and feelings appropriately.

## **Approaches to Learning: Problem-Solving Skills**

- Is excited about learning. Asks questions about the world around him or her.
- Asks adults and friends questions.
- Shows joy in finishing activities and can handle frustration.

## **General Knowledge**

- Knows and says full name and knows if they are a boy or girl.
- Recognizes colors and recognizes simple shapes, such as; triangle, square, circle, rectangle, oval, heart, diamond, etc.
- Completes simple puzzles of four to six pieces.
- Names things that go together, like a spoon and fork are for eating, a fish and a boat go in the water.
- Counts up to 20 and can count objects, such as bananas, up to at least five.
- Recognizes and makes new patterns and designs, such as red-blue-red-blue or 2-1-1 2-1-1 2-1-1.
- Shows ideas and feelings through play. Uses creative play like music, dance, and drama to express him or herself.
- Takes care of personal belongings and belongings of others such as, putting toys away, returning borrowed items and using toys with care.

**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 that are interesting and fun!**

**Practice these skills at home with your child!**