



FOR IMMEDIATE RELEASE
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NEW SET OF SCHOOL PREPAREDNESS TIPS FOR PARENTS

This week's checklist guides parents as they prepare their children for school during the summer.

First Steps today released its fifth set of weekly school readiness tips for parents. The tips can also be found on the First Steps website at www.scfirststeps.org/press.htm.

If you notice your child is behind in some areas, don't worry! Remember that children grow and develop at different rates. You are your child's first and best teacher, and together you will be ready for success in school!

Good Health and Physical Well-Being

My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives regular medical and dental care
- Has had all the necessary immunizations
- Runs, jumps, plays outdoors and does other activities to develop large muscles and provide exercise
- Works puzzles, scribbles, colors, paints and does other activities that help develop small muscles

Social and Emotional Preparation

My child:

- Is learning to explore and try new things
- Is learning to work well alone and to do many tasks for himself
- Has many opportunities to be with other children and is learning to cooperate with them
- Is curious and is motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Can follow simple instructions
- Helps with family chores

(more)

Language and General Knowledge

My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books
- Has his television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write her name and address
- Is learning to count and plays counting games
- Is learning to identify and name shapes and colors
- Has opportunities to draw, listen to and make music and to dance
- Has opportunities to get first-hand experiences to do things in the world—to see and touch objects, hear new sounds, smell and taste foods and watch things move

Source: US Department of Education

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South Carolina First Steps to School Readiness ('First Steps') is a comprehensive, results-oriented statewide education initiative to help prepare children to reach school healthy and ready to succeed. Public and private support are combined through county partnerships to enable individual communities to address the unmet needs of young children and their families. First Steps' Countdown to Kindergarten is designed to leverage local resources to aid successful transitions of SC's most at-risk children into kindergarten, and to target early parent involvement and increased community awareness of the importance of school readiness. Nearly 1,300 children and their families will participate in this year's Countdown program. Over 120 certified kindergarten teachers in 34 counties are currently conducting a series of eight visits to each participating family's home to prepare the child for starting school and open the relationship with the child's family.