



FOR IMMEDIATE RELEASE
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Countdown to Kindergarten Tip #5: Kindergarten Readiness Checklist

Readiness checklists can give you an idea of how prepared your child is to start kindergarten. If you notice your child is behind in some areas, keep in mind you may see improvements in that area just by working with him for a week or so. 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

Language and General Knowledge

My child:

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Has many opportunities to talk and listen <input type="checkbox"/> Is read to every day <input type="checkbox"/> Has access to books and other reading materials <input type="checkbox"/> Is learning about print and books <input type="checkbox"/> Has his television viewing monitored by an adult <input type="checkbox"/> Is encouraged to ask questions <input type="checkbox"/> Is encouraged to solve problems <input type="checkbox"/> Has opportunities to notice similarities and differences | <ul style="list-style-type: none"> <input type="checkbox"/> Is encouraged to sort and classify things <input type="checkbox"/> Is learning to write her name and address <input type="checkbox"/> Is learning to count and plays counting games <input type="checkbox"/> Is learning to identify and name shapes and colors <input type="checkbox"/> Has opportunities to draw, listen to and make music and to dance <input type="checkbox"/> 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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S.C. First Steps to School Readiness is a comprehensive, results-oriented statewide education initiative to help prepare children to reach school healthy and ready to succeed. Along with partner EdVenture Children's Museum, First Steps designed the Countdown to Kindergarten program to leverage local resources to help prepare S.C.'s most at-risk children for kindergarten, to target early parent involvement and increase community awareness of the importance of school readiness. More than 1,200 children and their families across the state will participate in this year's Countdown program. Countdown teachers conduct 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.