

# preschool PROMISE



## Readiness skills by age 3

Getting ready for Kindergarten is a big step.

Help your child be ready by practicing things he or she will need to know. Make getting ready for school fun ... It's a chance for you and your child to spend precious time together.

Every child develops at different rates, so don't worry if your child can't do everything listed here. Meanwhile, check out tips on the back of this sheet for ideas about what you can work on at home.

### Language & Literacy

- Says name and age
- Speaks in sentences of at least three to four words
- Recites a few nursery rhymes or songs
- Identifies favorite books
- Writes "letter-like" forms; scribbles
- Holds picture book right-side up

### Cognition & General Knowledge

*(math, problem-solving, social studies, science)*

- Lines up three blocks in a row
- Gives one object from a group of many when asked, "Give me one"
- Matches colors—can put all green blocks, yellow blocks in a pile
- Completes three to four-piece puzzles
- Plays realistically with toys (feeding the baby, driving the truck)
- Repeats two words in the order given

### Approaches to Learning

*(curiosity, initiative, creativity, follow-through)*

- Asks lots of questions
- Attends up to five minutes to a single activity (not TV)
- Tries to solve a problem
- Can play with objects symbolically (pretends the block is a truck)
- Follows two-step directions

### Social & Emotional

- Talks and plays with familiar adults
- Able to settle or calm self down
- Able to transition from one activity to another with minimal upset
- Uses words to express wants and needs
- Uses words to describe emotions (sad, mad, etc.)
- Plays alongside children in a small group
- Names a friend
- Understands concept of "mine"

### Physical & Motor Development

- Walks up stairs alternating feet one step at a time
- Kicks a big ball
- Jumps both on one foot alone and with both feet together
- Stands on one foot for two seconds
- Pedals a riding toy
- Is working on toilet training or is already toilet trained
- Can undress and may need help getting dressed
- Makes vertical (|), horizontal (-), and circular (o) marks with a crayon
- Strings small beads
- Stacks blocks on top of one another
- Snips paper with scissors

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4801 Springfield Street | Dayton, OH 45431 | (937) 329-2700

# Tips to help your child from 2 to 3 years old

It's never too early to start preparing your child for Kindergarten.

The years from birth through age five are very important as your child's brain is growing quickly. You can help your child be ready to thrive in kindergarten and beyond by taking steps to improve readiness skills in each of the 5 Kindergarten Readiness Areas. Listed below are tips and ways for you to help your child prepare for Kindergarten.

## Language & Literacy

- Read with your child every day – this is the best way to build a strong vocabulary for your child
- Visit the library and check out children's books
- Attend story time at the library
- Let your child play with picture books and help him learn how to hold the book correctly
- Read nursery rhymes to your child over and over to help him learn how to rhyme
- Talk with your child throughout the day, and describe what you are doing – as you are making dinner or cleaning the house, narrate your actions: "Now I'm cutting up carrots for our dinner."

## Cognition & General Knowledge

(math, problem-solving, social studies, science)

- Ask your child to put all the same colored objects in a pile
- Teach your child chants and songs and ask him to say a line back to you
- Give your child a simple puzzle – cut apart a picture from a magazine to make your own simple puzzle at home – start with four pieces and then cut more as your child is ready
- Help your child count to five, repeat

## Approaches to Learning (curiosity, initiative, creativity, follow-through)

- Help your child learn to solve problems—if he cannot find his toy, help him look for it himself, or if he cannot get the puzzle pieces quite right, help him keep trying instead of doing it for him
- Ask your child questions and encourage him to ask questions—learn about the world together
- Establish a good daily routine—such as the same naptime and bedtime each day, and reading to your child every night before bed

## Social & Emotional

- Help your child calm down when he's upset –comfort him by talking calmly and getting down at his level to speak to him
- Let your child play with other children – take your child to library story times and to the park to learn how to play with others
- Talk about your friends and what it means to be a friend, and ask your child who his friends are

## Physical & Motor Development

- Practice jumping with your child by jumping on the way to the park, or jumping in your house
- Practice balancing on one foot with your child
- Help your child learn to use the toilet
- Show your child how to dress and undress himself
- Give your child safety scissors and teach him to cut paper
- Build tall towers with your child out of blocks, boxes, or other objects
- Play with clay and/or Play-Doh
- Let your child scribble with markers and/or crayons
- Make a cereal necklace—string on pipe cleaners or shoe laces (it is okay if he makes a mistake)

## RESOURCES

Goodwill Easter Seals provides free screening to test children's readiness for Kindergarten. Call 937.528.6460 for an appointment.

*Reminder:* Take your child to the pediatrician on a regular basis, and stay up-to-date on immunizations!

