

# preschool PROMISE

## Readiness skills by age 2



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 "me", "my", "mine", or other pronouns
- Names or points to a few parts of the body
- Communicates needs and wants with words
- Speaks in two-word sentences
- Looks at speaker when spoken to
- Looks at picture books

### Cognition & General Knowledge

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

- Turns a container upside down to get something out
- Begins to sort common objects (by shape, color)
- Notices something is out of place or different

### Approaches to Learning

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

- Explores objects by seeing how they work
- Shows a growing sense of independence – "I can do it myself"
- Works with an adult for five minutes
- Follows some simple directions

### Social & Emotional

- Imitates friends and adults
- Displays some distress at separation from caregiver
- Greets familiar people
- Expresses frustration through "tantrum" behavior
- Communicates with peers using simple words and gestures
- Watches and plays next to other children

### Physical & Motor Development

- Walks down stairs while holding hand or rail
- Attempts to kick ball
- Runs
- Begins to show interest in toilet training
- Can eat with a spoon or fork
- Turns the pages in a book
- Turns handles and doorknobs
- Stacks small blocks
- Scribbles with a crayon
- Unzips jacket or other item



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# Tips to help your child from ages 1 to 2

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
- Let your child play with picture books and help him learn how to hold the book correctly
- Point to pictures and talk about the book
- Name objects – point and say what each item is as your child hands you the item
- 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)*

- Help your child learn to sort similar items – put all the red socks together and then the white socks
- Stack blocks, cups, and/or boxes
- Play games with your child to get objects in or out of a box
- Play simple puzzles with your child

## Approaches to Learning

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

- Give your child the chance to play with different objects – look for safe toys like wooden spoons, measuring cups, empty paper towel rolls, pots and pans
- Ask your child questions throughout the day and help him find the answer – ask, "What would you like to do today?" Give him choices and let him decide
- 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 find words to express what he wants – if he is crying you might say, "Oh baby, are you sad?" and then pick him up to give him comfort
- Talk about your feelings – describe when you are happy, sad, excited, etc.
- Sing simple songs with your child like "Old MacDonald Had a Farm" and "Itsy Bitsy Spider"
- Let your child play next to other children
- If your child has separation anxiety, leave for brief periods of time
- Introduce new people gradually and slowly

## Physical & Motor Development

- Help your child learn how to walk up and down steps, and give him opportunities to climb on play equipment
- Give your child a ball to play with and show him how to kick the ball
- Let your child learn how to use a fork and spoon to eat
- Show your child how to color with a crayon and let him scribble on paper
- Start to ask your child about using the "potty" as he gets closer to two years of age; introduce the idea and the potty chair



## 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!