



School *READINESS* checklist

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Introduction

Is your child ready to start school next year?

Parents know that school readiness is determined by much more than a child's chronological age. In order to make a successful and happy start to school, children also need to have a firm grasp of language, motor coordination, social and emotional skills.

The comprehensive checklist in this guide will give you an overview of your child's skills and help you to determine areas in which your child might need additional practice before school begins.



Social Skills CAN YOUR CHILD?	Always does this very well	Can do this sometimes	Usually needs assistance
Face a person when they are talking and give "eye contact"			
Comply with requests, cease activity when requested			
Manage frustration and avoid tantrums			
Wait patiently for several minutes for adult attention			
Sit at a table and work for 10 minutes (with assistance)			
Separate from parents			
Independently begin an activity			
Ask for and accept help if necessary			
Play at an activity for 20 minutes or more			
Play co-operatively with friends for 20 minutes or more			
Share own toys with friends			
Take turns in a small group game without assistance			
Understand the needs and feelings of others			

Independence Skills CAN YOUR CHILD?	Can do this very well	Can do this sometimes	No, needs Assistance
Put on/remove socks, shoes, jacket			
Do up buckles/velcro (not laces) on shoes/sandals			
Do up large buttons			
Go to the toilet independently			
Wash and dry hands independently			
Blow nose and wipe efficiently			
Unwrap and eat lunch, peel fruit, manage lunchbox			
Use a spoon and fork independently			
Unscrew a drink bottle			
Recognise belongings amongst others eg raincoat			
Take care of own belongings eg put bag in a designated place			
Tidy up own things, pack away			

Communication CAN YOUR CHILD?	Can do this very well	Can do this sometimes	No, needs Assistance
Initiate and sustain conversations with adults and other children			
Speak clearly and audibly and maintain eye contact			
Speak without shouting or whispering			
Answer inferential questions, eg why? what's next ?			
Describe recent experiences			
Recite rhymes and sing songs			
Retell stories			
Understand requests and seek clarification			
Carry out three directions in sequence			
Listen attentively and answer questions in a group situation			
Talk reciprocally with peers and take part in conversation			
Interrupt conversations appropriately			

Fine Motor & Cognitive Skills CAN YOUR CHILD?	Can do this very well	Can do this sometimes	No, needs Assistance
Recognise own first name			
Isolate fingers (eg to point)			
Understand reading conventions (eg tracking Left to Right across a page)			
State full name, address, age			
Hold a pencil in an appropriate grip			
Draw recognisable pictures of people			
Copy simple shapes: circle, triangle, square			
Cut along a 10cm line with scissors, cut simple shapes			
Complete interlocking puzzles of 8-10 pieces			
Name primary and secondary colours			
Name 6 geometric shapes			
Sort and classify objects (eg by colour, function, size etc)			

Attempt to solve problems independently			
Describe concepts eg. big/small, more/less, same/different, in front/behind, under/over, actions etc			
Count objects with 10 or more in the group			
Concentrate on a story being told in a group setting, despite distractions			
Enjoy interactive reading and answer questions about stories in a 1:1 setting			
Attempt to solve problems independently			



Gross Motor & Orientation Skills CAN YOUR CHILD?	Can do this very well	Can do this sometimes	No, needs Assistance
Move about confidently at preschool			
Manage unfamiliar environments			
Manage changes in the environment independently eg stairs, obstacles, uneven ground			
Understand spatial concepts eg up/down, next to, left/right			
Move with a line of children at routine times			
Use a wide range of gross motor equipment			
Play imaginatively (indoors and outdoors)			
Catch and throw a ball with a partner			
Kick a ball			
Play actively with friends outside for 50-60 minutes			
Understand the need for safety eg roads, heights			

If, after completing this checklist, you have concerns for your child's development or questions about his / her school readiness, seek professional advice from:

- ① Your child's preschool
- ① Your family GP
- ① Your paediatrician
- ① A paediatric Speech Pathologist
- ① A paediatric Occupational Therapist
- ① A Child Psychologist



