

# Kindergarten

## WILL MY CHILD BE READY?

**There is a lot of misinformation about what it means to be “Ready for Kindergarten”.**

The internet is full of Kindergarten readiness checklists that overstate the required skills and focus heavily on academics. Parents worry that their child will not be prepared. In fact, social-emotional skills are significantly associated with children’s academic success and productivity in the classroom. Here is what a child needs to be ready for Kindergarten:

**Academics:** Speaks in complete sentences, writes name or recognizes letters in name, matches rhyming sounds, counts to ten, says the alphabet, enjoys listening to stories, can draw a picture to express an idea, knows how to hold a book and turn pages, recognize basic shapes, names colors.

**Social Emotional:** Feels comfortable in a group, asks for help when needed, knows personal information (name, age, gender), follows 2-step instructions, recognizes authority, is able to take turns, can separate from parent without distress, can pay attention for at least 5 minutes without being disruptive, able to control impulses.

**Physical:** Exhibits fine motor skills (holds pencil, uses scissors), exhibits motor coordination (runs, hops, skips).

**Self-Care:** Manages bathroom needs, can dress self (needing help only for zippers and tie shoes).

**Children develop at different rates and might be strong in some areas and weak in others.**

**Make sure your child eats a healthy diet, gets plenty of physical activity, and follows a regular sleep schedule.**

**Read to your child every day to help develop literacy.**

**Provide your child plenty of opportunities to play!**

**Limit apps and screen time even if it seems educational.**

**Talk to your pediatrician if you have concerns.**

## RESOURCES

[newamerica.org](http://newamerica.org)  
[readingrockets.org](http://readingrockets.org)  
[understood.org](http://understood.org)  
[mayoclinic.org](http://mayoclinic.org)  
[healthychildren.org](http://healthychildren.org)



Supporting, promoting, and strengthening the profession of family childcare thereby enriching the lives of licensed providers, children, families, and communities.  
[www.mccpin.org](http://www.mccpin.org)

