



Beyond the Backpack provides you with tools to get your child ready for success in life's next big adventure: kindergarten! Check out the four areas to help you get prepared, and use the checklist on the reverse side to track progress.

## 1. language & math

- Join your local library and read with your child every day.
- Look for numbers and shapes everywhere you go.

## 2. social & emotional

- Play simple games, such as Go Fish, Hide and Seek, and catch to help your child practice taking turns and following rules.
- Model friendships by asking questions, offering compliments, and inviting other children over for playdates.

## 3. physical wellness

- Make breakfast part of your child's routine. Encourage fruits and vegetables whenever possible, and say "Yes!" to active physical play.
- Talk to your pediatrician about your child's overall physical and developmental needs including sleep, nutrition, and vaccinations. Don't be afraid to ask questions!

## 4. parent involvement in school

Research shows that **parent involvement** is a key factor in a successful education.\* Your presence and participation at your child's school should be an integral part of his or her education.

- Get to know the teacher. Take time to share information about your child that may help the teacher (i.e. shy, outgoing, already reading, etc).
- Talk with your child's teacher to find out how you can reinforce his/her education at home.
- Ask about how to get involved at your child's school. Joining your local PTA® is a great first step. Check out [www.pta.org](http://www.pta.org) for more info.

Visit [BeyondtheBackpack.com](http://BeyondtheBackpack.com) for a customized readiness plan for your child and additional resources!





# Kindergarten Readiness Checklist

Keep track of your preschooler's progress with this checklist as you prepare for the adventure of kindergarten together! ¡Vámonos! Let's go!



## language

My child can:

- 1. Recognize and name at least 10 letters in the alphabet, and knows some letter sounds (e.g. B is "buh").
- 2. Look at pictures of objects and tell me which two represent words that rhyme.
- 3. "Write" letters, words, or stories by drawing or scribbling to express ideas.
- 4. Speak in complete sentences and make up or retell stories.



## social & emotional

My child can:

- 5. Talk about basic feelings such as anger, sadness, and happiness.
- 6. Cooperate, share, and take turns with others.
- 7. Follow 3-to-4-step directions and focus on a task independently for 15 minutes.



## math

My child can:

- 8. Count out loud from 1 to 10 in order and recognize a few 1-digit numbers by sight.
- 9. Recognize basic shapes, like circle, square, and triangle, and sort objects by shape, size, and/or color.
- 10. Compare two objects using words like less, more, smaller, bigger, etc.
- 11. Tell me what comes next in a simple pattern, like red button, blue button, red button, blue button, red button, \_\_\_\_\_.



## physical wellness

My child can:

- 12. Engage in physical activities such as jumping, running, hopping on one foot, throwing, and kicking a ball.
- 13. Use a pencil properly, cut with safety scissors, and put together simple puzzles of 4 to 9 pieces.
- 14. Complete the following tasks independently: going to the bathroom, getting dressed, brushing teeth, and washing hands.

**Turn to the other side for tips on how to get your preschooler ready for school!**



\* Please note: This checklist is intended merely as a guide for parents, highlighting skills and benchmarks that will help prepare their preschoolers for school. Kids develop at their own pace, so some preschoolers will master many of these skills before kindergarten, while others will learn them in school. Parents should contact their child's school for specifics on school entry requirements.

