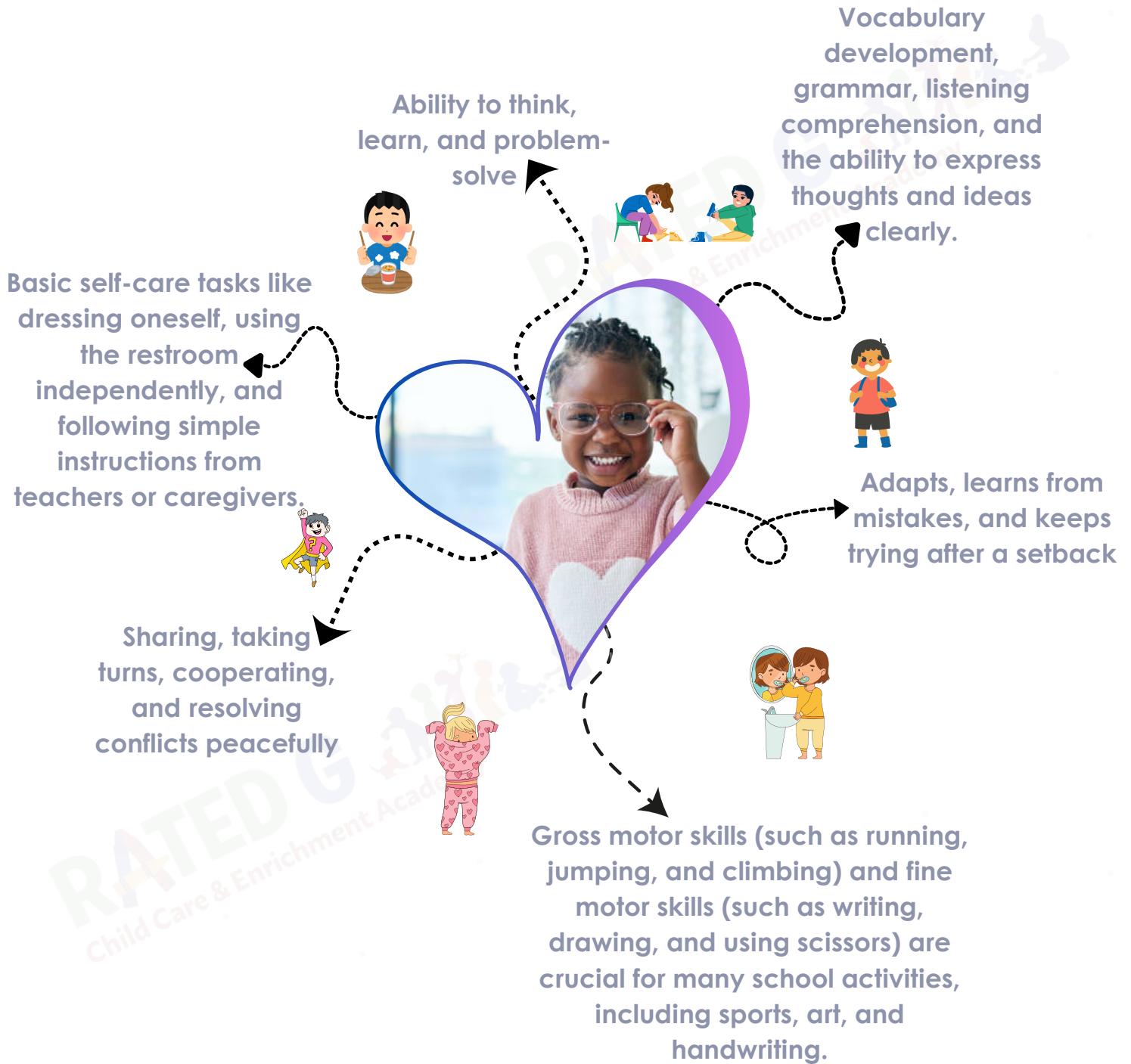


What Does School Readiness Look Like?



What can you do at home to foster these skills?

Read books together and discuss the story, characters, and events.

Provide opportunities for hands-on exploration with puzzles, blocks, and simple science experiments.

Have conversations with your child about their day, their interests, and their feelings.

Read aloud to your child regularly and ask questions to check their understanding.

Model positive social behaviors like sharing, taking turns, and using polite language.

Teach your child about emotions and help them identify and express their feelings in healthy ways.

Offer plenty of opportunities for active play, both indoors and outdoors.

Encourage your child to help with household chores that involve physical movement, like sweeping, folding laundry, or watering plants.

Encourage your child to dress themselves, including putting on and taking off clothes and shoes.

Involve your child in meal preparation and snack time, allowing them to make simple choices and help with tasks like stirring, pouring, and setting the table.

Play games that involve counting, sorting, and matching objects.

Encourage pretend play, which helps develop imagination and problem-solving skills.

Sing songs, recite nursery rhymes, and play rhyming games to develop phonological awareness.

Provide opportunities for your child to engage in storytelling or role-playing activities.

Play cooperative games with your child and encourage them to work together with siblings or peers.

Practice problem-solving and conflict resolution skills through role-playing scenarios or real-life situations.

Provide materials for arts and crafts activities that require fine motor skills, such as drawing, coloring, cutting, and pasting.

Set up obstacle courses or sensory play activities that promote gross motor skills and sensory exploration.

Teach basic hygiene habits like washing hands, brushing teeth, and using the restroom independently.

