



## Promoting Your Child's Development and School Readiness

**Schools' readiness for children:** Your child's readiness for school depends partly on the school's expectations for children when they enter. Different schools can have different philosophies. Before your child begins, it can help to visit the school and talk to the principal and teachers to find out what their expectations are.

**Children's readiness for school:** Children have a natural desire to learn. There are many things that parents and other caregivers can do to promote a child's development and potential. Regardless of what school your child attends, the more they experience of the following, the greater their chances for school and life success. *School Readiness = Life Readiness!*

| Good Health & Physical Well-Being   | Social & Emotional Development  | Language & General Knowledge  |
|---|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Nutritious food</li> <li><input type="checkbox"/> Enough sleep</li> <li><input type="checkbox"/> Safe places to play</li> <li><input type="checkbox"/> Physical activity</li> <li><input type="checkbox"/> Handwashing after using the bathroom and before eating</li> <li><input type="checkbox"/> Regular medical and dental check-ups</li> <li><input type="checkbox"/> Immunizations</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Opportunities to succeed and build confidence</li> <li><input type="checkbox"/> Independence and a chance to learn to do things for themselves</li> <li><input type="checkbox"/> Routines and rituals</li> <li><input type="checkbox"/> Knowledge that no matter what, someone will look out for them</li> <li><input type="checkbox"/> Respectful treatment</li> <li><input type="checkbox"/> Appropriate discipline that is firm but loving</li> <li><input type="checkbox"/> People who will listen to them</li> <li><input type="checkbox"/> Parents/caregivers who have realistic expectations of their capabilities</li> <li><input type="checkbox"/> Smiles and encouragement</li> <li><input type="checkbox"/> Opportunities to make choices and work out problems</li> <li><input type="checkbox"/> Play time with other children</li> <li><input type="checkbox"/> Genuine, warm affection</li> <li><input type="checkbox"/> At least one person who is totally in love with them!</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Play time - with other kids, blocks, puzzles, paints, etc.</li> <li><input type="checkbox"/> Adults who talk to them and encourage their questions</li> <li><input type="checkbox"/> Available books</li> <li><input type="checkbox"/> Someone who reads to them every day</li> <li><input type="checkbox"/> Limited and selective TV watching</li> <li><input type="checkbox"/> Opportunities to see and do things - parks, museums, neighborhood walks, dancing, singing, etc.</li> </ul> |