

SDQPI Preschool Readiness Checklist

IS YOUR CHILD READY FOR PRESCHOOL?

Preparing your child for preschool and beyond is their first step to a brighter future. 90% of their brain is developed by the time they are 5 so these early years are vital. The San Diego Quality Preschool Initiative connects families to quality early learning and care programs so all children in San Diego County are given the best opportunities to thrive.

Use our preschool readiness checklist to determine if your child is ready for preschool. Every child develops at their own pace so this is a general guideline of what preschool teachers will look for.

Social Skills and Emotional Development

- Plays with others
- Takes turns and shares toys
- Is comfortable for several hours without primary parent/guardian/caregiver
- Shows interest in learning new things and meeting new friends
- Expresses emotions and needs
- Does well with consistent routines

Attention & Independence

- Listens to simple instructions
- Plays independently
- Can sit still for a few minutes

Reading

- Knows how to hold a book and turn the pages
- Recognizes some letters
- Understands that words tell a story
- Enjoys reading

Language, Art and Math

- Uses language to communicate
- Tells stories
- Understands language spoken to them
- Recognizes shapes and colors
- Shows interest in numbers and can recite some numbers
- Can count with help
- Uses a variety of objects for making art - crayons, markers, stickers, paper, playdoh
- Knows colors
- Uses toys or household items for pretend play
- Can explain what they are drawing
- Dances and sings with music

Physicality

- Jumps, balances on one foot, runs, kicks, throws
- Simple hand-eye coordination
- Navigates around objects
- Starts to hold a pencil with fingers instead of the whole hand
- Can dress him/herself



Go to www.sdqpi.org for preschool readiness activities, resources, and more!

— SAN DIEGO —
QUALITY
PRESCHOOL INITIATIVE