



Kindergarten Readiness

Independence and Health Skills to Develop Before Starting School


- ✓ Uses the toilet, washes hands, and blows nose independently
- ✓ Packs backpack and puts on coat and shoes independently
- ✓ Opens snack and food containers and eats independently
- ✓ Start a consistent bedtime and morning routine before school starts




All children grow at their own pace. They all have unique strengths and skills to work on!

Use this as a guide to identify opportunities to learn and grow. Students will continue to work on these skills in kindergarten!

Social and Emotional Development


- Shares ideas and takes turns
- Names or identifies feelings
- Keeps trying when things feel hard and asks for help, if needed 
- Suggests solutions to problems

Language and Communication


- Uses words to express wants, needs, thoughts, and feelings
- Remembers and retells an experience
- Takes turns in conversations 
- Follows one and two-step directions

If you have concerns about your child's development, talk to your preschool teacher, pediatrician, or contact Issaquah ChildFind at 425-837-7197 childfind@issaquah.wednet.edu

Early Literacy

- Enjoys stories and knows how to turn pages in a book
- Knows some letters and letter sounds
- Writes the letters in their first name
- Claps syllables in words and engages in rhyming activities 
- Holds a pencil with 3-point finger grip

Mathematical Thinking

- Counts 10 items accurately 
- Knows basic colors and shapes
- Sorts objects in different ways
- Compares quantities and uses words such as "more" and "less"

How can I help my child prepare for kindergarten?

Get to Know Your School

- Check your **school website and sign up for e-news!** Take your child to welcome events or to play on the playground.
- Walk to the bus stop before the first day so your child gets familiar with the routine. Attend the **Bus Ride-along** event in August!
- In August, attend **Meet the Teacher and Family Connection Meeting**. We can't wait to meet everyone!

Be Ready for the School Day

- Help your child build independence and master these skills **before** school.
 - Using the bathroom independently.
 - Washing hands –make sure to scrub for about 20 seconds!
 - Opening food containers and eating lunch within 20 minutes, without prompting.
 - Putting on footwear – if they are unable to tie laces, slip-ons or Velcro are great!
 - Putting on a coat – practice buttoning or zipping up.
- Kids need energy to learn, play, and manage emotions. Ensure they are getting enough sleep (9-12 hours) and start their day with a nutritious breakfast.
- Consistent bedtime and morning routine – get this started **before** school starts.

Set Expectations

- Be a role model by showing your child a positive attitude about school and learning.
- Talk with your child about going to kindergarten and answer any questions they might have.
- Talk about how you expect them to behave at school and the importance of respecting teachers, students, and other staff.

Practice Skills at Home

- Read to your child and tell stories daily – in English and/or your home language!
- Find the math in daily experiences (count, sort, name shapes, compare object, etc.)! Count or sort toys, laundry, food items...anything and everywhere!
- Teach your child their full name and practice writing their first name.
- Use everyday situations to practice taking turns, sharing, and following routines.
- Get plenty of exercise and spend time outdoors every day!
- Talk about feelings and help with calm-down strategies (such as taking deep breaths or counting). Help them use words to name feelings and solve problems.
- Encourage them to solve problems independently (try different ways). If needed, help them come up with solutions. Celebrate their efforts when they keep trying when things feel hard!

Timeline of Events

Check your school website and emails for specific dates!

Kindergarten Parent
Night
(Jan/Feb)

Kindergarten Screening
(March/April)

Meet the Teacher
Schoolwide Event (August)

First Day of
Kindergarten

District
Kindergarten Night

Bus Ride-a-long Event
(August)

Family Connection Meeting
(Scheduled during first days of school, no school
for K on the first three school calendar days)

Curriculum Night