

# Kindergarten Readiness



## Fine Motor Skills

Draw and color with markers, crayons, and pencils  
Play with playdough

Practice opening snacks and opening and closing lunch containers

## Frustration Tolerance

Help your child through frustrating tasks (such as zipping their jacket) by letting them try and helping only as needed

Help your child learn how to handle disappointment and small problems appropriately

## Listening To and Talking About Books and Stories

Read to your child regularly

Talk about the story together



## Good Sleep Habits and Hygiene

Put your child to bed device-free around the same time each night

## Self-Help Skills and Building Independence

- Listening and following instructions
- Practice being aware of others' personal space
- Keeping hands and feet to oneself



## Self-Regulation & Self-Soothing

- Help your child identify emotions
- Help your child learn how to manage big emotions

## Routines, Transitions, and Organizational Systems

- Practice putting things away in a designated place
- Practice your morning routine together



## Minimize Tablet/Phone Time

- The recommended time for children this age is less than one hour per day of high quality programming with an adult present

## Academic Skills

- Help your child recognize their first name
- Help your child recognize most capital letters
- Help your child recognize numbers 0-5
- Help your child count to 30

