

# READY FOR KINDERGARTEN!

## Skills That Help Your Child Shine at School

These everyday skills build independence, confidence, and help your child have a **great start to kindergarten!**



### SELF-CARE & DRESSING

- ✓ Put on and take off coat, backpack, and shoes
- ✓ Zip and unzip jacket
- ✓ Button and unbutton clothing
- ✓ Manage pants/shorts independently (bathroom readiness)
- ✓ Tie shoes (or wear Velcro if still learning)



### EATING & LUNCH SKILLS

- ✓ Open lunch containers, snack bags, and wrappers
- ✓ Open milk cartons or juice boxes
- ✓ Open lids on yogurt, applesauce, or similar items
- ✓ Peel fruit (like bananas or oranges)
- ✓ Use utensils (spoon, fork)
- ✓ Clean up after eating



### BATHROOM INDEPENDENCE

- ✓ Use the bathroom independently
- ✓ Wash hands thoroughly with soap
- ✓ Manage clothing before/after bathroom use



### PERSONAL RESPONSIBILITY

- ✓ Recognize their name (on belongings, cubby, etc.)
- ✓ Keep track of personal items (coat, lunchbox, water bottle)
- ✓ Pack and unpack backpack with guidance
- ✓ Follow simple routines (hang up coat, put items away)



### SOCIAL & CLASSROOM READINESS

- ✓ Follow 1–2 step directions
- ✓ Take turns and share materials
- ✓ Ask for help when needed
- ✓ Participate in group activities
- ✓ Sit and listen for short periods



### BASIC FINE MOTOR SKILLS

- ✓ Hold a crayon/pencil
- ✓ Use scissors (basic cutting)
- ✓ Draw simple shapes or pictures
- ✓ Manipulate small items (glue sticks, puzzle pieces)



### COMMUNICATION SKILLS

- ✓ Say and recognize their first and last name
- ✓ Express basic needs (hungry, bathroom, help)
- ✓ Understand and respond to simple questions



**YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER.**  
Celebrate small steps and encourage practice every day!

**WE CAN'T WAIT TO MEET YOU!**

