

# What Does School Readiness Look Like?

Has a healthy self-concept and is developing confidence



Communicates, listens, and expresses themselves



Adapts, learns from mistakes, and keeps trying after a setback



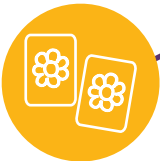
Holds a pencil or crayon and makes deliberate marks



With support, understands and manages emotions and behaviors



Is a curious and creative problem-solver



Understands basic patterns, sequencing, and sorting

Being **prepared** for success in school means your child...



Recognizes many letters, shapes, and numbers



Understands and follows simple directions



Engages with and has fun with peers and friends

Uses tools like scissors appropriately



## What can you do at home to foster these skills?

- Provide plenty of opportunities to enjoy books – go to the library, read, and invent stories together.
- Allow time, space, and encouragement for creative and imaginative play.
- Ask ‘thinking’ questions: What do you think? How do you think that works? What are you planning?
- Apply skills authentically: look for shapes on a walk, practice counting when setting the table, find letters in the grocery store, label household items, and problem-solve real issues like taking turns, sharing, or cleaning up.
- Encourage healthy risk-taking, even if that means making mistakes and trying again.
- Play simple games that require concentrating, adapting in the moment, and using working memory (e.g., Chutes and Ladders™, card and matching games, Simon Says).
- Focus on the process of learning versus the final outcome – build a growth mindset and a love of learning.
- Practice interactions – joining play, sharing, taking turns, and more – with friends and family.
- Model and practice managing emotions, self-calming, taking others’ perspectives, and empathy.
- Limit the use of ‘school readiness’ worksheets, software, and apps – they often prioritize memorization and can take away from more authentic learning.
- Treat your child like a budding scientist, investigator, and innovator.
- Allow their inquiries and interests to guide their learning. If they want to talk dinosaurs, help them research what they eat, find items that are the same length as their feet, explore their habitat and build a mini-replica, and provide materials that inspire dinosaur imaginary play.
- Offer rich, diverse, meaningful, and authentic opportunities to explore and discover the world, while recognizing that each child develops at their own pace.
- Respect your child as a capable contributor and unique individual.
- Focus on whole-child development including learning through play and relationship building. Your child’s early years build a foundation for all that comes next.