

Is my child ready for school?

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Backpacks and crayons are already taking center stage at stores which means back to school time is just around the corner! Thinking about pre-school? Prepping for kindergarten? Here are some skills that can be indicators that children are ready for their next grand adventures at school.

A child does not necessarily need to be able to do all of these things in order to be ready. Talk with your primary care provider and/or future teacher if you have any concerns about your child's development or learning.

Preschool:

- Is able to both play with other children and on their own
- Can follow two-step directions and stay focused on a task or a few minutes
- Developing the ability to regulate emotions and can communicate wants/needs
- Can recognize some letters, numbers, basic shapes, colors, simple matching and sorting
- Toilet-trained

Kindergarten:

- Interacts appropriately with adults and children, follows directions, regulates emotions

- Starting to attempt to write letters/numbers – potentially using a tripod grasp (thumb, index, middle finger)
- Developing scissor skills
- Understands comparisons (ex. bigger, shorter, less than, etc.), can sort, copy simple patterns, and count to 10
- Recognizes letters and potentially some of the sounds that they make, knows some familiar sight words (ex. dog, ball), can talk about events in simple stories



A Few Tips to Prepare:

- Help your little one get excited by talking about school, what will happen, the routine, drop-off/pick-up, etc. with your child in the days leading up to the first day. Sometimes kids do well with seeing pictures or having another form of a visual cue to help with preparing.
- If your child is especially nervous about school, see if their new teacher is ok with you stopping by to meet them and see the classroom.
- Create pretend school at home to practice following directions, lining up, working on learning tasks, etc.
- A great way to build independence, create healthy habits, and get your child excited is to have them help pick out their clothes, pack their lunches and backpacks, etc. the night before.

Happy schooling!