

Ready, Set

KINDERGARTEN!

HEY FAMILIES! The baby days are over and now your little one is headed to kindergarten! For parents and kids alike, this new chapter in life can bring about mixed emotions including excitement and nervousness. You can help your child feel competent and confident as they start their new adventure.

No two children are the same. Children learn at different speeds and in different ways and your child's teacher will be ready for them no matter what. In the years before K, your child is quickly gaining important skills to help them be ready for Kindergarten, both in child care/PreK and outside. Families have a big role to play in helping children get ready for Kindergarten too!

Visit the website to learn more about these skills and how you can practice them at home during everyday activities like laundry, cooking, and bathtime.

Always remember - with every story you read, skill you teach, or hug you give - you are the first and most influential teacher your child will ever have.

HOW DO WE DEFINE KINDERGARTEN READY?

*Children will grow into strong learners and adults when we support their brain growth before and after Kindergarten. In Hamilton County, we aspire that every rising Kindergartener is physically, socially, emotionally, and intellectually prepared for success in Kindergarten. To do this, they need families, schools, and communities to provide a strong foundation in the following five skill areas: Learning Skills, **Emotional and Social Skills**, **Language Skills**, **Math Skills**, and **Self-Help and Movement Skills**.*



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List of Skills for Success in Kindergarten

Appropriate for four and five-year-old rising kindergarten students.
Contact your pediatrician with any concerns.

LANGUAGE



- I can **listen** to a story and **answer** questions about it
- I know my **ABCs**, can identify some letters and sounds of the alphabet, and turn pages in a book right to left on my own
- I can draw you a picture and **tell a story** about it, even if it looks like scribbles
- I recognize my **written name** and can attempt to write it
- I notice words that **rhyme** (bat-cat, ball-tall) and make up nonsense rhymes (foodle, doodle)
- I speak in **complete sentences** of 6-8 words that can be understood by a stranger

MATH



- I can count to **30**
- I can point to and count 10 objects
- I know my **colors** and can draw **shapes**, such as circle, square, triangle
- I can describe the **position** of objects: up/down, left/ right, behind / beside, in front / on top
- I can recognize and repeat simple **patterns** such as star, moon, star, moon

HEALTHY FOUNDATION



- I have been to the **dentist** and had my **vision** and **hearing** screenings
- I sleep at least **9 hours** per night, and I eat enough veggies and fruits

LEARNING



- I can **follow directions** to complete a task
- I can play by myself and also with other children my age
- I show curiosity when I ask who, what, when, where and what/if **questions**
- I am eager to **try new experiences** and activities
- I can **focus** on or complete one activity for 5 minutes before moving on

SELF-HELP & MOVEMENT



- I move with **control** and balance while walking, running, jumping & climbing
- I can use pencils and crayons to **trace** and scissors to **cut**
- I can control buttons and zippers and dress on my own
- I can use hand-eye coordination to put together a **puzzle**
- When an adult asks me to, I can eat, brush teeth, wash my hands and use the bathroom **all by myself**

EMOTIONAL & SOCIAL



- I can **share**, take turns, help, compliment, and play well with my friends
- Once I'm 5, I can **adjust** to changes in routine and environment
- I can use words to describe my **emotions** (ex: happy, sad, hungry)
- I seek and accept guidance from caregivers and teachers
- I know my full name, city, phone number, and reliable adult names

WE CAN ALL HELP GIVE CHILDREN A STRONG FOUNDATION BEFORE KINDERGARTEN.

Do you want to learn brain-building tips for children YOUNGER than four? Visit the ChattanoogaBasics.org website to learn about the 5 simple ways you can help give your child a strong start in life.