



Kindergarten Readiness Checklist

Please consider the following readiness criteria when enrolling your child, with asterisk (*) beside those especially important when considering a full-time program:

- *Does my child require a nap daily or a few times per week in order to function at his or her best? In all our JK/SK classes there is a daily quiet time.
- Is my child toilet trained during the day? The expectation at KCA is that children are able to independently use the toilet. Washrooms are located in close proximity to the Kindergarten classroom.
- Is my child able to wash his or her hands independently? For good hygiene and to prevent spread of germs, students need to know how to wash hands with soap after using the toilet.
- Does my child play and interact with parents or guardians on a daily basis? Adult interaction is essential for development of secure attachment and language skills.
- Does my child feel comfortable with others his or her age? Interacting with peers through play and simple conversation is essential prior to Kindergarten.
- *Does my child have a regular bed time routine that ensures at least 10 hours of sleep per night? Tired boys and girls have difficulty concentrating on the intensive learning and play at school.
- Does my child have less than one hour of screen time per day? Language development and active play are hampered by more computer/TV use than an hour per day.
- Can my child open and close lunch and snack containers by him or herself? Prior to school starting, the opportunity to practice using such containers will instill confidence.
- Does my child eat a healthy breakfast in the morning? This routine to begin the day will ensure that your child is ready to learn when the school day begins.
- Does my child help at home with simple chores? In our K classroom, students are expected to take responsibility for keeping the learning spaces orderly and cleaning up books and toys they have finished playing with.
- Can my child put on his or her own indoor shoes, boots, jacket, coat, mittens, etc? To transition between recess and classroom time, students need to be able to get dressed and undressed with minimal adult help.
- *Can my child sit and listen to a book or story of an appropriate length? The ability to sit and listen to the teacher explain new material or tasks for a short amount of time is needed in Kindergarten.
- Does my child regularly write or draw with a pencil and/or cut with small scissors? Fine motor skills will be developed in Kindergarten, so early exposure at home is valuable.
- *Is my child becoming able to regulate his or her emotions (disappointment, anger, frustration) in an appropriate way? Yelling, aggressive behaviour and prolonged crying or pouting by a child detracts from a healthy classroom community.