

preschool PROMISE

because the first 5 years matter



Readiness skills by age 4

Learning begins at birth.

Through our interactions with them, young children learn the core skills they need for future school success. From day one, connection builds the brain. Through playful, meaningful moments with you, your child is getting ready for kindergarten.

Every child grows at different rates, so remember these are goals to aim for with your child. Use the back of this sheet for ideas for playful learning at home.



Talking and Reading

exploring words that rhyme, name recognition, and sharing thoughts out loud help children build reading skills.

- Tells stories about people not present
- Asks and answers simple questions
- Recites familiar poems and songs from memory
- Uses more descriptive words like "big, yellow flower"



Counting and Measuring

looking for shapes and patterns, counting, and using tools to measure all build key skills for math and science

- Touches toys one at a time while an adult counts
- points to the correct toy when asked "which one is bigger?"
- Begins to recognize and name a few numerals (1-5)
- Talks about where things are, using "next," "over," or "under"



Connecting and Feeling

social-emotional skills help children identify and describe their feelings, interact with others, and work through conflict.

- Shows awareness of own emotions, and sometimes emotions of others
- Can manage or control feelings, through actions and expression
- Responds in caring ways to the distress of others (like offering a toy to a crying friend) with prompting
- Seeks help from adults when needed, like asking "help please?"



Playing and Problem Solving

play helps kids develop physical skills like skipping or grasping and thinking skills like solving puzzles and working through challenges

- Completes a challenging puzzle or task, beginning to end
- Shares excitement when completing challenging task ("I did it!")
- Asks "how" or "why" questions about something they saw or a problem they are having
- Has increasingly complex pretend play, with different roles for everyone

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Tips to help your child from 3 to 4 years old

The first five years matter.

What are the Core 4 Readiness skills? The Core 4 domains of development provide an overview of skills children need to be kindergarten-ready. They can grow these skills through play, connection with others, and quality early learning experiences. Try these activities below to help your child learn and grow through playful interactions with you!



Talking and Reading

- Sing fun, repetitive songs with your child, like Head Shoulders Knees and Toes, Down by the Bay, or The Ants Go Marching
- Invite your child to tell a story about a past holiday, by saying "Remember when? We celebrated your birthday?"



Counting and Measuring

- When eating with your kiddo, ask them to point and count how many. Say "how many bites of cereal do you have left?" If needed, point and have them count out loud.
- Go on a toy hunt! Look for a toy in your house and ask where they have looked for it. "Is it on top of the table? Is it under the chair?"



Connecting and Feeling

- Give opportunities for your child to play with other children at the library or playground. Point out feelings when you see them; say "You're laughing! You seem happy!"
- When conflict happens between children, coach your child through it by saying "he's sad, what does he need?"



Playing and Problem Solving

- Offer a variety of puzzles, or create your own. Cut up strips of pictures or junk mail and invite your kiddo to put the pieces back together.
- When your child asks "why" or "how," help them find the answer instead of answering for them. Say "what do you think?" or "how could we find out?"

RESOURCES

Goodwill Easter Seals provides free screening to test children's readiness for Kindergarten. Call 937.528.6460 for an appointment.

Reminder: Take your child to the pediatrician on a regular basis, and stay up-to-date on immunizations!

