

School Readiness Checklist

Preparing Every Child for Educational Success

Table of Contents

- [Academic Readiness](#)
- [Social-Emotional Readiness](#)
- [Self-Care & Independence](#)
- [Adaptive & Assistive Needs](#)
- [Documentation & Medical](#)
- [Family Preparation](#)
- [Transition Activities](#)
- [Progress Monitoring](#)
- [Quick Reference Guide](#)

Academic Readiness

Pre-Academic Skills Assessment

Literacy Foundations

Reading Readiness:

- ☐ Recognizes own name in print
- ☐ Knows letters in name
- ☐ Identifies some letters and numbers
- ☐ Shows interest in books
- ☐ Holds book correctly
- ☐ Turns pages one at a time
- ☐ Understands print has meaning
- ☐ Can retell simple stories
- ☐ Recognizes rhyming words

Tip: Read together daily for 15 minutes. Let your child turn pages and point to pictures while you read.

Math Foundations

Number Concepts:

- ☐ Counts to 10 or beyond
- ☐ One-to-one correspondence
- ☐ Identifies basic shapes
- ☐ Names basic colors
- ☐ Sorts objects by attribute
- ☐ Understands size concepts (big/small)
- ☐ Recognizes patterns
- ☐ Basic spatial concepts (up/down, in/out)

Fine Motor Skills

Writing Readiness Checklist

Skill	Not Yet	Emerging	Mastered	Notes
Holds pencil correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Draws basic shapes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cuts along a line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Colors within boundaries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Writes some letters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Buttons and zips Skill	<input type="checkbox"/> Not Yet	<input type="checkbox"/> Emerging	<input type="checkbox"/> Mastered	Notes
---------------------------	--	--------------------------------------	--------------------------------------	-------

Gross Motor Skills

Physical Development:

- ☐ Walks up/down stairs alternating feet
- ☐ Runs without frequent falling
- ☐ Jumps with both feet
- ☐ Hops on one foot
- ☐ Catches and throws ball
- ☐ Pedals tricycle/bicycle
- ☐ Balances on one foot
- ☐ Navigates playground equipment

Success Indicator: Child can participate in age-appropriate physical activities with peers.

Social-Emotional Readiness

Self-Regulation Skills

Emotional Management

Key Skills to Develop:

Skill	Strategies to Build
Managing transitions	Use visual timers, give warnings
Following directions	Practice 2-step directions at home
Waiting turns	Play board games, practice patience
Expressing needs	Teach feeling words, model asking
Managing frustration	Teach deep breathing, counting

Important: These skills develop at different rates. Focus on progress, not perfection.

Social Skills Development

Peer Interaction Readiness

Essential Social Skills:

- ☐ Separates from caregiver without extreme distress
- ☐ Interacts with peers appropriately
- ☐ Participates in group activities
- ☐ Shows empathy for others
- ☐ Resolves conflicts with help
- ☐ Respects personal space
- ☐ Uses appropriate volume
- ☐ Makes eye contact (or culturally appropriate engagement)
- ☐ Responds to social cues
- ☐ Beginning to form friendships

Communication Skills

Expressive Language:

- ☐ Speaks in complete sentences
- ☐ Expresses wants and needs clearly
- ☐ Answers simple questions
- ☐ Describes experiences
- ☐ Uses age-appropriate vocabulary

Receptive Language:

- ☐ Follows 2-3 step directions
- ☐ Understands position words
- ☐ Responds to questions
- ☐ Understands story sequence
- ☐ Follows classroom routines

☒ Self-Care & Independence

Personal Care Skills

Daily Living Checklist

Bathroom Independence:

- ☐ Uses bathroom independently
- ☐ Washes hands properly (20 seconds)
- ☐ Manages clothing
- ☐ Asks for help when needed
- ☐ Understands privacy

Mealtime Skills:

- ☐ Opens lunch containers
- ☐ Uses utensils appropriately
- ☐ Cleans up after eating
- ☐ Manages lunch money/card
- ☐ Knows food allergies

☒ **Tip:** Practice these skills during summer. Use the actual containers and clothing they'll use at school.

☒ Safety Awareness

Critical Safety Skills

Personal Information:

- ☐ Knows full name
- ☐ Knows parent/guardian names
- ☐ Knows address or identifying information
- ☐ Knows phone number
- ☐ Can identify trusted adults

Safety Rules:

- ☐ Understands basic safety rules
- ☐ Recognizes danger
- ☐ Follows adult directions in emergencies
- ☐ Understands stranger safety
- ☐ Knows how to get help

☒ Adaptive & Assistive Needs

Accommodations Planning

☒ Support Systems Checklist

Educational Supports:

- ☐ IEP developed and current
- ☐ 504 plan in place (if applicable)
- ☐ Assistive technology identified
- ☐ Communication system established
- ☐ Behavioral supports planned
- ☐ Therapy schedules coordinated

Environmental Modifications:

- ☐ Classroom accessibility confirmed
- ☐ Seating arrangements planned
- ☐ Sensory supports identified
- ☐ Quiet space available
- ☐ Visual supports prepared

 **Success Indicator:** All supports are in place BEFORE the first day of school.

Medical Needs Preparation

Need	Completed	Contact Person	Notes
Medication plan	<input type="checkbox"/>	School nurse	
Emergency plan	<input type="checkbox"/>	Principal	
Allergy action plan	<input type="checkbox"/>	Cafeteria	
Equipment needs	<input type="checkbox"/>	SpEd director	
Staff training	<input type="checkbox"/>	504 coordinator	

Documentation & Medical

Required Documents Checklist

Registration Documents


Essential Papers:

- ☐ Birth certificate (certified copy)
- ☐ Immunization records (up to date)
- ☐ Physical exam form
- ☐ Dental exam (if required)
- ☐ Vision screening
- ☐ Hearing screening
- ☐ Proof of residency (2 documents)
- ☐ Parent/guardian ID

Medical Preparation

Health Management:

- ☐ Medications prescribed and available
- ☐ Emergency medications at school
- ☐ Medical action plan on file
- ☐ Doctor's orders for all medications
- ☐ Backup supplies provided
- ☐ Emergency contacts updated (3 minimum)

 **Red Flag:** Missing immunizations can delay school start. Schedule appointments early!

Family Preparation

Home Routines

Schedule Development

Two Months Before School:

Time	Activity	Tips
7:00 AM	Wake up	Use consistent wake time

7:30 AM Time	Breakfast Activity	Practice sitting at table Tips
8:00 AM	Get dressed	Lay out clothes night before
8:30 AM	"School" activity	Educational games/crafts
12:00 PM	Lunch	Practice lunch routine
1:00 PM	Quiet time	Books or rest
3:00 PM	Snack	Healthy options
7:00 PM	Bath time	Consistent routine
8:00 PM	Bedtime	10-12 hours sleep needed

📞 Communication Systems

School Connection Setup:

- ☐ Teacher contact information obtained
- ☐ Preferred communication method confirmed
- ☐ Daily communication log created
- ☐ School app/portal access setup
- ☐ Emergency notification enrolled
- ☐ Class social media joined (if applicable)

🔄 Transition Activities

Pre-School Year Preparation

📍 School Familiarization

Two Weeks Before:

- ☐ School tour completed
- ☐ Met teacher and key staff
- ☐ Classroom visit scheduled
- ☐ Practiced school routine
- ☐ Reviewed school rules
- ☐ Met some classmates
- ☐ Bus practice run
- ☐ Located important areas (bathroom, nurse, office)

📌 **Tip:** Create a photo book of school spaces and people. Review it daily the week before school starts.

📅 First Week Strategies

Daily Success Plan

Morning Routine:

- Arrive 10 minutes early for calm entry
- Use same drop-off routine daily
- Keep goodbye brief and positive
- Provide transition object if allowed

After School:

- Ask open-ended questions
- Focus on positives first
- Address concerns calmly
- Maintain consistent routine
- Early bedtime for rest

📊 Progress Monitoring

Weekly Check-In Grid

Area	Week 1	Week 2	Week 3	Week 4	Concerns?
Academic progress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Social interactions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Behavior patterns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Physical health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Emotional well-being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

🚩 Red Flags to Monitor

Academic Concerns:

⚠️ Seek Help If:

- Significant skill regression
- Inability to follow routines after 4 weeks
- Extreme difficulty with age-appropriate tasks
- No progress despite intervention

Social-Emotional Concerns:

⚠️ Immediate Action Needed:

- Persistent separation anxiety after 2 weeks
- Aggressive behavior toward others
- Complete social isolation
- Self-harm behaviors
- Significant mood changes

⚡ Quick Reference Guide

School Readiness At-A-Glance

📖 Academic Minimums

- Recognizes some letters/numbers
- Counts to 10
- Knows basic colors/shapes
- Shows interest in learning

👥 Social Minimums

- Separates from parents
- Interacts with others
- Follows simple directions
- Expresses basic needs

🛀 Self-Care Minimums

- Bathroom independent
- Manages belongings
- Feeds self
- Basic safety awareness

Essential Skills by Age

Age 3	Age 4	Age 5
Parallel play	Interactive play	Cooperative play
2-word phrases	Simple sentences	Complex sentences

Scribbles Age 3	Shapes Age 4	Letters Age 5
With help	Some independence	Mostly independent

📞 Important Contacts Template

Fill In Your Information:

- School: _____ 📞 _____
- Teacher: _____ 📞 _____
- Nurse: _____ 📞 _____
- Bus: _____ 📞 _____
- Emergency: _____ 📞 _____

Document Version: 2.0 | Last Updated: January 2025 | Next Review: April 2025

📌 Remember: Every child develops at their own pace. Focus on progress, celebrate small wins, and trust your instincts about when your child is ready.