

# Plainview-Old Bethpage Kindergarten Center: "Preparing for Kindergarten"

## **Readiness Skills** from the POB School District website

Below is an outline of the kinds of skills that children should be able to perform when they enter kindergarten.

Children develop at different rates, and your child may have difficulty with some of the skills described below. Our program will continue to reinforce the development of these skills. If you are still unsure about your child's readiness for kindergarten, consulting with your child's pre-school teacher may be a good way to address your questions.

### **1) Communication**

- Can use words instead of being physical
- Can use speech that is intelligible most of the time
- Can express feelings and needs
- Can talk in sentences
- Can seek adult help when needed

### **2) Self-Help**

Without an adult's help, your child:

- Can use the toilet
- Can wash his/her hands
- Can put on and take off coat and shoes

With minimal adult help, your child:

- Can snap, button and zip pants
- Can open lunch box and snack containers
- Can use materials and purposefully and respectfully
- Can manage personal belongings like backpacks and folders

### **3) Socialization:**

- Can adapt to changes and make transitions smoothly
- Can spend extended periods away from Mom and Dad
- Can follow rules and routines at home and in preschool
- Can play cooperatively with other children
- Can share and take turns
- Can use basic manners such as "please," "thank you," and "excuse me"

### **4) Fine Motor Development**

- Can put a 10-12 piece puzzle together
- Can hold scissors correctly
- Can color with crayons
- Can practice tracing using a stencil

### **5) Gross Motor Development**

- Can run, jump and hop
- Can walk up and down stairs independently
- Can throw and catch a bean bag
- Can maneuver between obstacles

### **6) Academics**

- Can recognize and identify shapes
- Can recognize first and last name
- Can hold book upright and turn pages from front to back
- Can identify colors
- Can understand concept words such as up, down, in, out, behind and over
- Can count from 1-10
- Can identify basic body parts
- Can attempt to write his/her first and last name
- Can sit and listen to a story
- Can follow a 1-2 step direction
- Can sing some songs and nursery rhymes
- Can tell age and/or birthday

### **Recommended books to read with your child about starting school:**

- *The Kissing Hand*
- *ABC I like Me*
- *Will I have a Friend?*
- *The Night Before Kindergarten*
- *Look Out Kinderaarten Here I come*

- *Miss Bindergarten Gets Ready for Kindergarten*
  - *Tom Goes to Kindergarten*
  - *First Day Hooray*
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*Good Shepherd Lutheran School  
works closely with the POB*

*Kindergarten Center to be sure  
we are on track to adequately  
prepare our children for a  
happy and successful  
Kindergarten experience.*