



# Is your child ready for Prep?

## Starting school is a significant milestone for children and families.

The first year of school is such a key milestone because it is during this time that children decide whether school is a happy place where they belong and form views about themselves as a capable learner. It's important to remember however, that school or Prep readiness is not a one-size-fits-all age-determined milestone.

The following checklist, covering key areas of early childhood development, provides you with a tool to gauge your child's readiness and can be used to prompt a discussion with your child's educator, to assess whether your child is ready for this important next step.

### Emotional maturity

Emotional maturity refers to a set of abilities that enable children to understand and manage how they respond when faced with situations that elicit an emotional reaction. Emotional maturity supports children to manage the demands of their social and learning environments.

- ☐ Does my child recover from disappointment or sadness, overcome frustration, and express anger in socially acceptable ways?
- ☐ Is my child able to articulate his or her feelings?
- ☐ Does my child show empathy?
- ☐ Can my child take responsibility for small daily routines?
- ☐ Does my child persevere even when they find things challenging?

### Social competence

Social competence refers to a child's ability to get along with and relate to adults and their peers. Being socially competent involves many elements, including the ability to regulate emotions, developing knowledge and experience of social interactions, and understanding social situations and customs.

- ☐ Can my child wait for their turn?
- ☐ Can my child be assertive without being aggressive?
- ☐ Is my child able to express thoughts and ideas and to ask questions?
- ☐ Does my child relate to and get along with others?
- ☐ Has my child formed friendships?
- ☐ Is my child able to negotiate with other children on a basic level when in play situations?
- ☐ Does my child function well in a group?
- ☐ Does my child show a readiness to try new things or do things in different ways?

## Language, communication and cognitive skills

Language development lays the foundation for reading and writing skills in children as they enter and progress through school. Language skills support the ability of your child to communicate, to think and helps them to develop and maintain relationships. Cognitive skills are your child's ability to think, understand, communicate, remember, pay attention, imagine and work out what might happen next.

- ☐ Is my child familiar with books and reading?
- ☐ Is my child familiar with letters and numbers?
- ☐ Does my child initiate and maintain conversations?
- ☐ Is my child able to listen, concentrate and focus?
- ☐ When my child starts a task, do they persist to the end?
- ☐ Is my child able to follow a 2-3 step instruction?

## Physical ability

Early fine and gross motor skills form the basis of physical skills that are developed through regular movement and activity. Each child will develop physical skills at their own pace and each individual child will show strengths and abilities in different areas – like all areas of development. However, there should be a minimum level of physical skills as they help children in many areas including writing.

- ☐ Can my child participate ably in physical activity such as ride a three-wheeled bike, play catch and run?
- ☐ Does my child have appropriate fine motor skills such as cutting paper and managing pencils?



At Lauriston Girls' School, we offer Kindergarten programs for boys and girls in a nurturing and caring environment. We design our programs to empower your child to learn in a way that is optimal to them, to enable them to develop the cognitive, emotional, physical and social aptitudes required to thrive in their school years and beyond.

For the best way to learn more about our learning programs and education philosophies, please join us for our next Open Morning.