



Social Relations

Help your child be able to:

- Express feelings, fears, ideas, needs, experiences, and accomplishments in appropriate ways
- Identify self as part of a family and social group
- Use a sentence and speak clearly (example: asking adults for assistance)
- Freely ask questions
- Share with other children
- Show respect for body and belongings
- Have success in following rules and taking turns
- Pretend Play (example: plays house, builds a spaceship)



Cultural Awareness

Help your child be able to:

- Interact with peers and adults of other cultures
- Understand similarities and respect differences among people, such as gender, race, special needs, culture, language, and family structures



Gross Motor

Help your child be able to:

- Bounce a ball
- Run and stop quickly
- Move about the room without bumping into objects
- Climb stairs without holding onto the railing
- Jump up and down with both feet together several times in a row
- Climb playground ladders
- Move & dance to music
- Hop on one foot



Take Your Child on Field Trips!

- * Grocery Stores
- * Amtrak Station
- * Oakland Zoo
- * Ardenwood Farms
- * S.P.C.A
- * Exploratorium
- * Oakland Ice Center
- * San Jose Tech Museum
- * Habitat Children's Museum
- * Museum of Children's Art (MOCHA)
- * Post Office
- * Police/Fire Stations
- * BART
- * Children's Fairyland
- * Parks
- * Oakland Museum
- * Elementary Schools

Libraries

Contact the Main Library to find a branch in your neighborhood:

Main Library
125 – 14th Street
Oakland, CA 94612
510-238-3134

This brochure is a part of a Transition Partnership between:



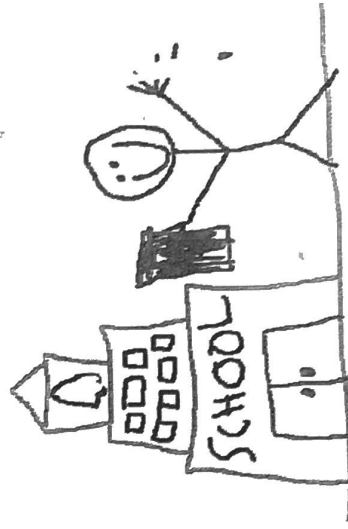
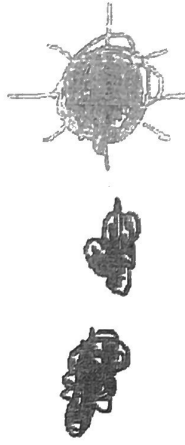
The City of Oakland
Head Start Program
(510) 238-3165



OAKLAND UNIFIED
SCHOOL DISTRICT

Early Childhood
Education Department,
(510) 879-8328

Is My Child Ready for Kindergarten?



A Checklist for Parents

Is my child ready for Kindergarten?

This checklist contains items that are important to your child's success in Kindergarten.

It is designed to help you look at your child's development in these areas: physical, cognitive, social-emotional, and language development.

Your child will develop at his or her own pace. You are your child's first and most important teacher, so be a model. Let your child see you read, write, and use words such as "please," "thank you," and "excuse me."

The best gift to give to your child is time.

Talk, play and work with your child. Encourage your child to express his/her feelings, and talk with him/her about it. Read with your child every day (at bed time, after dinner, anytime)!

Activities that interest your child will make learning fun and applicable. Tell stories to your child about your family and tell your family history. Celebrate your family's culture.

Stay involved with your child's teacher. Arrive at school and pick up your child on time.

Use this checklist to help prepare your child for Kindergarten.

Know the developmental areas and what you can do to prepare your child for kindergarten:



Language and Literacy

Help your child be able to:

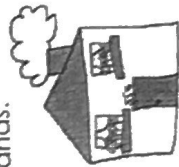
- Visit the library, borrow books, attend story time
- Listen to stories and ask questions
- Repeat rhyming sounds in words: bat, cat, rat, mat, sat...
- Appreciate books and pretend to read a book
- Identify the beginning sounds of some letters and words
- Look at pictures and retell a story in order
- Recognize common signs like "stop"
- Know and write first and last name
- Identify at least ten letters of the alphabet
- Read and sing in another language



Math and Cognitive (thinking skills)

Help your child be able to:

- Play games and solve problems
- Count to ten and recognize each number, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
- Write some numbers
- Sort and name similar objects by color, size and shape
- Use size words: many, large, small, big
- Recognize groups of 1, 2, 3, 4, & 5 objects
- Tell home telephone number and address
- Follow multiple step instructions: "Put away the toys and go wash your hands."
- Explain fast and slow
- Estimate - make guesses and predictions

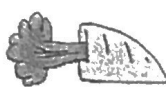


Fine Motor and Creative Representation



Help your child be able to:

- Sit and finish a simple task
- Use beginning writing books and coloring books
- Trace basic shapes
- Use child sized scissors (round tip)
- Cut with small objects such as beads, pencils, zippers, and buttons
- Name basic colors: red, blue, yellow...
- Color with small crayons use a small paint brush and draw on paper
- Recognize and draw basic shapes



Science and Nutrition

Help your child be able to:

- Understand different weights and measures (example: heavy/light, long/short, big/little)
- Understand the difference between dry, wet, liquid, and solid (example: ice melting to water, popcorn popping, making pancakes)
- Go grocery shopping and pick healthy foods
- Observe the world and living things (example: plants, animals, rocks, leaves turning colors, different types of clouds)
- Understand the importance of eating healthy foods each day
- Understand that a clock shows time (example: morning, afternoon, night)

Self Help Skills

Help your child be able to:

- Bathe with soap
- Brush teeth
- Use fork or spoon to feed self
- Take care of own toilet needs
- Choose daily clothing and dress self
- Look both ways and listen before crossing the street
- Get help in unsafe situations: call 911, etc.

