



School Readiness Checklist

The following school readiness checklist was compiled to provide an overview of your child's:

- fine motor and pre-writing skills
- gross motor skills
- visual motor skills
- self-care (independent) skills
- cognitive and problem-solving skills, and
- social, language and emotional skills.

Please take the time to complete the checklist before the *School Readiness Information Session*. Space has been provided for you to record notes under each key area. You may find this useful to assist you in helping prepare your child for starting school.

Fine Motor and Writing Skills

Can your child...	Yes, independently	Yes, with some assistance	No, has difficulty
Use their hands to manipulate Play-Doh into a ball, flatten it into a pancake, and make a worm?			
Use their thumb and index finger to pick up items?			
Tear paper and scrunch it into a ball?			
Hold a pencil with a 'beginning' tripod grip?			
Automatically use their non-dominant hand to assist with tasks?			
Use their dominant hand to cross the midline? (reach across the middle of their body)			
Recognise and write their own name			

Notes:

Gross Motor Skills

Can your child...	Yes, independently	Yes, with some assistance	No, has difficulty
Stand on either foot for 10 seconds?			
Stand on either foot for 10 seconds with eyes closed?			
Hop on either foot?			
Catch and throw a ball?			
Skip with alternating feet?			
Use a variety of playground equipment?			
Kick a ball with either foot?			
Hang on a bar with an over-hand grip for at least five seconds?			
Notes:			

Visual Motor and Drawing Skills

Can your child...	Yes, independently	Yes, with some assistance	No, has difficulty
Draw a horizontal line, vertical line, diagonal lines?			
Draw simple shapes: circle square triangle?			
Cut out a circle and a square?			
Search a complex picture to identify specific objects e.g., 'Where's Wally?'			
Draw a person?			
Complete a simple puzzle independently?			
Notes:			

Self Care Skills

Can your child...	Yes, independently	Yes, with some assistance	No, has difficulty
Wash their hands, face and mouth, independently?			
Dress and undress themselves?			
Manage fastening such as zippers and buttons?			
Put on their shoes and socks (not laces)?			
Manage independent toileting?			
Take care of their own belongings?			
Notes:			

Cognitive Skills

Can your child...	Yes, independently	Yes, with some assistance	No, has difficulty
Sort items by appearance?			
Sort items by function?			
Complete tasks with little prompting?			
Place four pictures in sequence?			
Sing or dance to different songs?			
Name capital and lowercase letters when shown printed letters?			
Count items by pointing to them (up to 10, with one-to-one correspondence?)			
Notes:			

Social, Language and Emotional Skills

Can your child...	Yes, independently	Yes, with some assistance	No, has difficulty
Transition smoothly between tasks?			
React appropriately to external noises and distractions?			
Follow simple two or more step instructions?			
Play cooperatively with friends?			
Manage frustrations and avoid tantrums?			
Point to or place objects before, after, above, below, based on verbal cues?			
Ask for assistance when needed?			
Use four-to-six-word sentences?			
Verbalise how they feel?			
Notes:			

This checklist should be used as a guide only, it is not a standardised test. It is important to remember that every child develops at a different rate and will achieve different milestones at different times, in comparison to their peers. If you have concerns with your child's development, please speak with your early education provider and contact your local health professional for an assessment of your child's individual needs.