EDUCATION HELP

SCHOOL READINESS CHECKLIST

THE SKILLS THAT MATTER WHEN YOUR CHILD STARTS SCHOOL

From Education Help. educationhelp.com.au

This checklist is a guide, not a test. Children arrive at school with a wide range of skills and every child grows at their own pace. Tick what your child can do most of the time.

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SOCIAL AND EMOTIONAL

☐ Plays alongside or with other children
☐ Takes turns with help
☐ Separates from a parent or carer with some reassurance
☐ Says how they feel in simple words, such as happy, sad or cross
☐ Asks an adult for help
☐ Is learning to cope when things do not go their way

INDEPENDENCE AND SELF-CARE

☐ Uses the toilet and washes hands
☐ Opens a lunch box, drink bottle and snack packets
☐ Puts on and takes off a hat and jumper, with help for buttons or zips
☐ Carries their own bag
☐ Tidies up a few toys when asked
☐ Recognises their own name on belongings

LANGUAGE AND EARLY LITERACY

☐ Speaks in sentences others can mostly understand
☐ Follows simple two-step instructions
☐ Listens to a short story
☐ Retells something that happened in a few sentences
☐ Asks and answers questions
☐ Enjoys being read to, holds a book the right way and turns the pages
☐ Notices rhymes and some letter sounds

EARLY NUMERACY

☐ Counts a few objects
☐ Recognises some numbers
☐ Notices shapes and patterns
☐ Uses words like big, small, more and fewer

FINE AND GROSS MOTOR

☐ Runs, jumps and climbs
☐ Holds a crayon or pencil and makes marks
☐ Cuts with child-safe scissors, with help
☐ Builds with blocks or puzzles
☐ Shows balance and coordination

ROUTINES AND SELF-MANAGEMENT

☐ Copes with a day away from home
☐ Eats lunch and snacks without help
☐ Follows a morning routine with some help
☐ Settles with regular sleep and wake times

WHAT TO DO NEXT

Tick what your child can already do most of the time. You do not need a full set of ticks. Use the gaps as ideas for gentle practice at home.

- Read together every day. Picture books, rhymes and short stories all count.
- Let your child do small jobs: pack the school bag, open the lunch box, put on shoes. Allow extra time and praise effort.
- Play listening games such as Simon Says, or give two-step instructions like "Get your hat and put it in your bag".
- Count and talk about numbers in everyday life: stairs, apples, toys. Notice shapes and patterns on walks.
- Sing songs and rhymes and play with sounds. Ask, "What sound does ball start with?"
- Build hand strength with play dough, threading beads, tearing and sticking paper, and drawing.
- Arrange playdates and play simple games with rules so your child practises taking turns.
- Name feelings during the day and read picture books about starting school.
- Visit the school if you can: walk past the classroom and playground and find the toilets.
- Move bedtime and wake-up times to school hours a few weeks before the first day.

A FEW WORDS OF REASSURANCE

Letters, numbers and handwriting are taught at school. You do not have to teach them first. What matters most is a child who feels safe, can cope with a day away from home and is curious to learn.

The skills in this checklist reflect what the Foundation year of the Australian Curriculum builds on. If you are worried about speech, hearing, vision or coordination, talk with your child's early childhood educator, your GP, a child health nurse or the school.

SUPPORT FOR YOUR FAMILY

Education Help offers a 30-minute Online Consultation where you can talk through your child's strengths and next steps with expert guidance. There is also a range of printable learning resources for families.
educationhelp.com.au
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