

# School Readiness and My Child

“School readiness” means that your child is able to handle the changes and challenges that come with starting school.

These five elements of school readiness develop at a different age for each child.

**Physical**  
Children make healthy choices and master physical skills.

- eats healthy food
- gets enough sleep (10-12 hour per night)
- has regular medical and dental check-ups
- gets lots of exercise
- has opportunities to play outside
- listens to music and dances

**Social**  
Children are connected with others and contribute to their world.

- has opportunities to play with other children
- shares and takes turns
- follows a regular routine
- can follow simple rules and helps with family chores
- is able to sit and listen for short periods of time
- can leave parents without getting upset
- is learning to dress alone
- can use the washroom alone

**Cognition**  
Children are involved and confident learners.

- is encouraged to ask questions and solve problems
- is learning to count and identify letters
- is learning to identify shapes and colours
- uses writing materials like pencils, markers, chalk or paint brushes
- plays with puzzles, paints, blocks, glue and scissors

**Emotional**  
Children have a strong sense of identity and well-being.

- is gaining confidence in trying new things and making decisions
- is learning to accept the consequences of choices made
- can express needs clearly

**Language**  
Children are effective communicators.

- looks at books, sings, listens to music, repeats rhymes
- is encouraged to speak the family's first language
- shows an interest in sharing stories
- has a good vocabulary, understands and speaks well



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