**Care for Personal Needs**
- Independently blow nose, cover sneeze, use the bathroom, wash hands
- Independently get dressed—button, zip, snap and zipper own pants, take off and put on coat, tie shoes
- With adult help, select and wear clothing appropriate for indoor and outdoor weather temperatures
- Recognize own items like jacket and lunchbox
- Eat meals at a table with silverware in 20-25 minutes
- Ask for help if needed

**Social**
- Follow directions and listen to an adult
- Play and cooperate with other children (without hitting or biting)
- Sit for short periods (15 min.)
- Say ‘thank you’ and ‘please’
- Meet reasonable limits for behaviors set by caregiver
- Practice work habits like effort, initiative and persistence
- Interact frequently, talking and listening with trusted adult
- Talk with a trusted adult about their family, culture and values
- Learn about other cultures in the community

**Academics**
- Identify letter names
- Say the sounds of most of the letters
- Read every day with adults, talking about the pictures and the story
- Write first name and know last name
- Hold a book and turn pages correctly
- Sing songs, say rhymes and play rhyming games
- Identify labels and signs
- Tell about an experience
- Tell and retell familiar stories
- Use scissors and draw ideas using crayons or pencils
- Count 10 items
- Explore and play with toys, games and household objects

**Health**
- Run, jump, climb, swing and use balls
- Follow a daily routine that includes regular times for meals, outside play time and a bedtime for at least 10 hours of sleep
- Visit the dentist and doctor for regular check-ups and when sick

*While a strong kindergarten child can do most of what is outlined above, children develop at different rates. Children are ready for kindergarten if they meet age requirements!*
Ready4K sends age appropriate facts and easy tips to families three times a week.

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FREE for Mecklenburg County families with kids birth through 3rd grade

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