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The period before school starts can be an anxious and stressful time for both parents and children. Use this Social and Emotional Readiness Checklist to help you prepare your child for the start of school.

Your child...

- ☐ Plays both independently and in groups
- ☐ Can imitate complex play scenarios
- ☐ Shares toys
- ☐ Takes turns with others
- ☐ Separates from parents easily - isn't overcome with panic and fear
- ☐ Can name and recognise their basic feelings/emotions (happy, sad, angry, scared)
- ☐ Expresses their feelings through appropriate gestures, words and actions
- ☐ Follows a schedule and daily routine
- ☐ Understands and follows rules, connecting actions with consequences
- ☐ Has their own preferences on what they like or dislike
- ☐ Begins to show accuracy and care when drawing and can draw a person.
- ☐ Can stay focused and attentive for 10-15 minutes
- ☐ Manages their own behaviour with help
- ☐ Can eat, wash their hands, wipe their nose and use the toilet by themselves
- ☐ Can suggest simple solutions to conflicts and problems
- ☐ Keeps trying even when they don't know how to do something
- ☐ Asks for help when needed
- ☐ Demonstrates increasing independence as they are growing and learning

