

Getting Ready for Kindergarten

Not a test. Check what your child does most of the time, then pick one or two things to practice this month.



Getting along

- ☐ Takes turns or follows rules in a game with other kids
- ☐ Plays pretend
- ☐ Comforts someone who is hurt or sad



Feelings and focus

- ☐ Pays attention 5–10 minutes in story time or crafts (not screens)
- ☐ Can wait a short time
- ☐ Starts to use words for feelings



Talking and listening

- ☐ Keeps a conversation going for 3+ back-and-forths
- ☐ Tells a story with at least two events
- ☐ Answers simple questions about a book
- ☐ Uses or recognizes simple rhymes (bat–cat)



Early letters and numbers

- ☐ Counts to 10
- ☐ Names some numbers 1–5 when you point
- ☐ Names some letters; writes some letters of their name
- ☐ Uses time words: yesterday, tomorrow



Body and self-care

- ☐ Hops on one foot
- ☐ Buttons some buttons
- ☐ Does simple chores, like clearing the table
- ☐ Uses the bathroom and washes hands mostly alone

For grown-ups: most items are CDC milestones for ages 4–5 — things most children (75% or more) can do. A missing item isn't a diagnosis, but the CDC advises raising it with your pediatrician early, especially if your child has lost skills.