



Watch Me Grow Series Developmental Checklist

Share My Discovery As I:

	Attempts	Practicing	Accomplished	Mastered
Balance on each foot for 4-6 seconds.				
Well developed ability to say and understand words.				
Try to understand the basic concepts of right and wrong.				
Pedal well - tricycle or small bicycle with training wheels.				
Like jumping, hopping, and physical games.				
Name the basic colors like blue, green, red, orange and yellow.				
Like to make you laugh.				
Have several "best" friends.				
Play simple board games - understand simple rules.				
Become better at brushing own teeth, begin to loose baby teeth.				
Enjoy making up pretend jokes and riddles.				
Draw pictures that are more detailed and organized.				
Am very dramatic and serious - at times.				
Understand the meaning of opposites like big, little, hot and cold.				
Am fascinated by the way things work and may take apart mechanical items.				
Learn by doing - use senses to explore new things.				
Love expressing myself by drawing, painting and telling stories.				
Am sensitive to parent's and other children's feelings - at times.				
Need to touch each object while counting out loud.				
Understand the concepts of on, under, in front of, behind, below, before and after.				
May use swear words or act out to test limits and get attention.				
Am able to differentiate between fantasy and reality - sometimes.				
Enjoy singing and playing musical instruments.				
Can be very bossy, boastful, and demanding - at times.				
Want to know more about your job.				
May start collecting small items.				
Respect adults - often likes to please parents and teachers.				
Like autonomy.				

✓ Reality Check: Parenting Myths vs. Parenting Reality

Myth: Every 5-year-old is ready for kindergarten.

Reality: Some children are ready for kindergarten at age 5 - other children are not. Each child is an individual that grows and develops at his/her own pace. When considering the time to send your child to kindergarten, it is important to look for signs of readiness and maturity - not just age. The informed parent is the best-qualified person for making kindergarten readiness decisions. Below are several questions to take into consideration when making your decision.

Has your child participated in a community childhood screening? Participating in community screenings can show your child's developmental strengths. If your child has an area of concern, early recognition and services ensure your child's ability to reach their full potential. Your early childhood and local school district agencies provide these free screenings.

How does your child feel about going to kindergarten? Talk to your child, but also be a good listener. If your child expresses any doubts or fears about the kindergarten experience, this is normal. Tell them it is ok to be concerned about new friends, new teachers or a new room. Ridiculing, embarrassing or ignoring a child's fears can damage their self-esteem. Accept your child's fears as valid and model positive alternatives to deal with stress. Bringing a picture of you or another memorable object to school can comfort your child and ease separation anxiety.

If I decide not to send my child to kindergarten, is preschool an option? Preschool may be an option for your child to experience playing with children his/her own age in a group type setting. When selecting a preschool, look for programs that promote positive self-esteem and social skills. Children who feel good about themselves and learn to get along with other children are more successful at developing positive relationships.

Does every child need preschool before entering kindergarten? Not every child needs a preschool or day care experience before elementary school. Some child with adaptable temperaments may do just fine. Other child with temperaments that are slower to adapt to change may benefit from a quality day care or preschool experience. These programs give the child time to learn and practice coping skills that ease separation anxiety, develop social confidence and lengthen attention spans.

If I decide to send my child to kindergarten, how can I make the transition easier for my child? Some children, according to their temperament, adapt quicker to change - others may need more time. To provide a positive transition from home to school, give your child opportunities to experience the school setting. For example, take your child to the school playground and let them play on the equipment while you supervise them. Go to an open house at your child's school. Meet the teacher and let your child play in the kindergarten classroom. Invite one of your child's classmates over for the day. Try to keep bedtime schedules that allow for plenty of sleep. Routines that involve good nutrition and healthy sleep habits create a great start for classroom learning. Support your child's school - volunteer in the classroom or join the parent teacher association.

Activity Center

Dramatic play props

Craft and material scraps

Drawing paper and colored pencils

Matching, sorting and counting games

Stamps, stickers and colored paper

Marker, crayons or gel pens

Educational computer games

Dance or gymnastic classes

Outdoor sports equipment

Musical tapes or CD's

Puppets

Books

Board games

Small cars

Puzzles (50-75/pieces)

Small dolls, barbies

Science exploration

Lego kits

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