

Family Education Packet

School Readiness

Information and resources to help ensure your children are safe, healthy, and successful learners.



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How Do I Know My Children Are Ready for School?

Being school-ready begins with families, communities, early care programs, and schools. Each group works together to provide safe environments and high-quality early learning experiences.

Children are school-ready when they are prepared in areas of early learning and development, such as social and emotional skills, language skills, motor development skills, and more. The groups below play the largest roles in ensuring children are school-ready.

- **Families** contribute by providing a safe environment for children to learn and grow, and by understanding their children's health and development.
- **Communities** support school readiness by providing families with access to important community resources.
- **Early care professionals** offer a variety of services to families and provide services based on each family's needs.
- **Schools** support school readiness by providing a welcoming environment for all children with educators who advance student growth in partnership with families.

Please Note: A child must be five years old before August 1 of the new school year to be eligible for kindergarten.

To learn more about school readiness scan the QR code below or visit:

<https://earlyconnections.mo.gov/media/pdf/what-school-readiness>



Early childhood education stakeholders compiled a list of Missouri school readiness indicators. To learn more, scan the QR code or visit:

earlyconnections.mo.gov/media/pdf/missouris-school-readiness-indicators



Getting Ready for the School Year! - NAEYC

<https://www.naeyc.org/our-work/families/school-readiness>



How Do I Help My Children Transition to Kindergarten Successfully?

The start of the school year can be exciting, but also scary for families and children. Kindergarten teachers know that children start kindergarten with a variety of skill levels.



In addition to academic readiness, there are some things you can do to help prepare your children for transitioning into kindergarten. Research shows a strong link between social and emotional skills and school success.¹ These skills include, but are not limited to, being able to identify and self-regulate your emotions, follow directions, and engage with peers.

Additionally, it might be helpful to start new routines such as adjusting bedtimes or wake-up times a few weeks before school begins. These routines can reduce stress during the first week of school. You can also read books about starting school together to reduce anxiety your children may be feeling. See the recommendations below or visit your local library for more books about beginning school to read with your child.

- *Miss Bindergarten Gets Ready for Kindergarten*, Joseph Slate (Illust. by Ashley Wolff).
- *Seven Little Mice Go to School*, Kazuo Iwamura.
- *Pete the Cat: Rocking in My School Shoes*, Eric Litwin (Illust. by James Dean).
- *Mom, It's My First Day of Kindergarten*, Hyewon Yum.

During your children's first week, find opportunities to show your support. Ask what the most fun part of their school day was and then ask about the hardest part. Celebrate your children's successes and let them know you are proud of them. Do not dwell on the number of friends they have in the first few days. Instead, ask them to tell you about the other children in their class. Set aside time each evening for your children to share what they did at school and to show you anything they brought home, such as drawings or paintings. Read everything the school sends home to get a good understanding of the school's routines and upcoming important dates.

Learn more about transitioning into kindergarten by scanning the QR code below or visiting: naeyc.org/our-work/families/transitioning-to-kindergarten



¹ <https://www.edweek.org/leadership/what-new-research-shows-about-the-link-between-achievement-and-sel/2023/07#:~:text=Students%20social%20Demotional%20skills%20are,performance%20tends%20to%20be%20higher.>