

School Readiness Skills

Ages & Stages:

1 year:

- Pulls off shoes and socks
- Pushes arms and legs through garments

2 years:

- Helps pull down pants
- Removes unfastened jackets
- Removes untied shoes
- Drinks from a cup
- Snips with scissors
- Uses a spoon
- Follows 2-3 step direction

2.5 years:

- Removes pull-down elastic waist pants
- Unbuttons large buttons

3 years:

- Puts on socks and shoes (though it might be the wrong feet or socks upside down)
- Buttons large buttons
- Pulls down pants
- Zips and unzips with help to place on track
- Cuts a straight line
- Reciprocal Play emerging

3.5 years:

- Orients front of clothing
- Snaps fasteners
- Unbuckles belt
- Buttons small buttons
- Unzips jacket zipper

4 years:

- Colors in the lines
- Cuts curved objects
- Buckles belt
- Engages zipper on coat
- Puts on socks
- Identifies front and back of clothing
- Feeds self with a fork and spoon

5 years:

- Dresses independently
- Grasps pencil correctly
- Begins to print name
- Draws a person with at least 6 body parts
- Follows 3-4 step direction

6 years:

- Ties shoes

* Attention Span= 1- 1 1/2 minutes for every year of a child
(if a child is 4 years old, they should attend for about
4 minutes)

***The only way for children to develop
self-care skills is through...***

PRACTICE,

PRACTICE, PRACTICE!!!

***Let children attempt to dress and feed
themselves even if it takes more time.***

Toys that develop fine motor skills...

- Lite Brite
- Kerplunk
- Perfection
- Operation
- Mr. Potato Head
- HoneyBee Tree
- Pop-Arty Beads
- Legos
- Twister
- Hungry Hippos
- Whack a Mole
- Squigz
- Hi Ho Cherry-O
- Geoboards
- Trouble
- Mr. Mouth
- Giggle Wiggle
- Let's Go Fishing
- Crocodile Dentist
- Lacing Games

***Throw away the electronics
(ipads, phones, computers)!!***

* Most items can be found cheaper in Thrift
stores, Dollar stores, 5 Below

How to Develop School Readiness Skills



Elizabeth Kubie, MS, OTR/L

&

Melissa Berardino, MA, OTR/L

Pediatric Therapy Resources

1 Nardone Place

Jersey City, NJ

(201)-656-9500

It is important that children at an early age be exposed to Sensory Experiences and Foundational Sensory Processing Skills through:

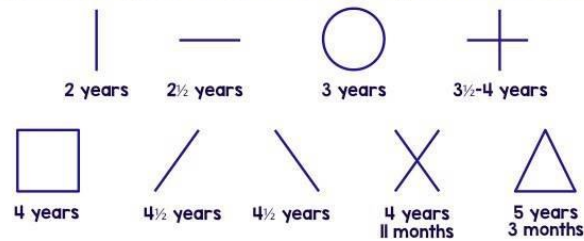
1. Moving their bodies often (i.e. walk instead of strollers)
2. Experience a variety of textures with their hands and body
3. Use their bodies against gravity (climbing, pushing, pulling)
4. Decrease time being held and put in jumpers, instead more tummy time
5. Weight bearing activities to develop core strength and hand skills such as: Animal walks (i.e. bear, crab, etc.) or Yoga
6. Playgrounds where they can safely run, climb, swing, etc
7. Ball play- rolling, throwing at targets, catching
8. Safely and appropriately take the time to have children go up and down stairs, climb in and out of car
9. Jumping/ walking games paired with Prepositions/Letters/Numbers
10. Play Tag, Hide and Seek
11. Expose children to unfamiliar (novel) play

Prewriting Skills Development

- Prewriting is important before actual letter formation can begin.
- Knowledge of concepts such as Top, Middle, Bottom, and other directional language is a must

PRE-WRITING SHAPES

Children should be able to form these 9 pre-writing strokes before asking them to write.



Children who can adequately draw the oblique cross can copy a significantly higher number of letters than little ones who cannot.

Always Remember to make writing **FUN**...

Throw away the pencils and paper and be **CREATIVE!**

- Shaving Cream
- Sand/salt table
- Wikki Stix
- Playdough

How to facilitate the proper grasp

A Mature Tripod Grasp develops around 5-6 years old



Strengthen the wrist through

Vertical Surfaces



Prone (on your belly)



Children need sufficient muscle strength and eye hand coordination to hold writing utensils.