

Quick Check . . . is your child ready?

- Dental
- Vision
- Hearing
- Speech & Language
- Motor Skills
- Personal - Social Skills
- Problem Solving Skills



If you have questions contact . . .

**The Child Development Centre of
Prince George and District**
250-563-7168

**Northern Health
Speech & Language Program**
250-565-7370

Northern Health Dental Program
250-565-7445

Northern Health Audiology Program
250-565-7371

**Aboriginal Infant & Family
Development Program**
250-564-5941

**School District #57
Early Learning Coordinator**
250-561-6800 Ext. 341

Aboriginal Supported Child Development
250-564-3568 Ext.234

Community Health Fair Information
250-565-7331

If you are interested in having your child
attend early childhood programming to
develop their skills, please contact the
Child Care Resource & Referral at
250-563-2483



northern health
the northern way of caring

www.northernhealth.ca

11-405-6073 (IND11/11)

Keys to Kindergarten Success

Things Parents & Caregivers
Should Know



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Getting ready for Kindergarten . . .

Every parent/caregiver wants their child to have as much success in school as possible. Here are a few tips to ensure your child is ready for Kindergarten:

Health

Dental

Dental check ups are recommended after child's first birthday. Contact the NH Dental Program at 250-565-7445 or your family dentist.

Vision

Vision check ups are recommended for all children 2 years and older. Visit an optometrist for FREE if your child is 0 - 19 years old.

Hearing

If you have any concerns about your child's hearing, contact the NH Audiology Program at 250-565-7371



Your 4 - 5 Year Old's Development . . .

Speech & Language

Your child:

- Uses sentences of 5 - 8 words long and makes up stories
- Speaks clearly & Can be understood by most people
- Uses lots and lots of different words
- Makes up rhyming words ("yummy in my tummy")
- learns and says memorized sequences such as counting, the alphabet and songs easily



Motor Skills

Your child:

- catches a ball, runs, jumps, climbs with ease
- maintains balance easily (e.g. hops on one foot)
- manipulates small objects (e.g. small lego blocks)
- performs self-help skills easily (e.g. tie shoes, button shirts)
- enjoys drawing, tracing, colouring, pretending to write
- cutting with safe scissors



Personal - Social

Your child:

- tells you his/ her first name, last name, age, telephone number, city he/she lives in, if they are a boy or girl
- dresses or undresses himself/ herself without help
- uses words to solve problems when angry or frustrated
- has success in taking turns or sharing
- interacts appropriately with peers and has friends



Problem Solving

Your child:

- recognizes and/or names 5 colours matches or sorts items by colour or shape
- follows directions using the words "under", "between", and "middle"?
- (e.g. put your shoe "under the couch")
- "play - acts", pretending to be someone or something else (e.g. your child puts on different clothes and pretends to be mommy or daddy)

