



Here is a checklist of some of the basic life skills that children typically have mastered before starting Kindergarten.

- Drink from a cup and open a juice box
- Use the restroom and wash their hands
- Blow their nose and cover their mouth when sneezing or coughing
- Get their jacket on and off
- Operate zippers, snaps, and buttons
- Properly use eating utensils
- Follow two- and three-step instructions
"Take off your jacket and hang it up."
- Take care of their belongings
- Respect the property of others
- Take turns and share

If you ever have concerns about your child's progress, or if you're looking for additional ways to build life skills at home, talk to your child's teacher. *When parents and teachers work together, great things can happen.*