

## EMOTIONAL MATURITY

Emotional maturity is the ability of a child to recognize and express their emotions, both positive and negative. It is the child's ability to express them in a way that is respectful, healthy, and suited to their age group. It also includes the ability to be empathetic (to understand how someone else is feeling) and the willingness to help and comfort those around them. Tips for building emotional maturity:

- Infant:
  - Play different types of music with a variety of “moods.” Take your baby in your arms and dance
  - Stroke your baby's face with your fingertip. Name all the parts of the face as you touch them.
- Toddler:
  - Sing and act out the well-known song, If You're Happy & You Know It. Use exaggerated expressions. Help your toddler label emotions by explaining that when you feel angry, you say “I feel angry,” and so on.
  - Give your child some cuddly toys to care for (e.g., wash, feed, hug). Talk about what your child is doing, and how helpful and caring she or he is being
- Pre-schooler:
  - Help your child organize a play date with one or two friends. This is a chance for your child to design the invitation, or practice manners on the phone if he or she prefers to call.
  - Every week give your child a few jobs around the house (e.g., dusting, making bed, tidying up toys). Tell your child how much this helps the family.



# School Readiness

Preparing children for a bright future!

## WHAT IS SCHOOL READINESS?

School readiness is a way of measuring your child's development. Every two years, kindergarten teachers are given a questionnaire that asks whether their students are "ready for school" in the 5 most important areas of childhood development:

1. Language and Cognitive Development
2. Social Skills
3. Communication Skills
4. Physical Health
5. Emotional Maturity

### WHY IS IT IMPORTANT?

Kids spend most of their time after the age of 5 in school – nearly 1000 hours each year! Starting school is a big change in your child's life, with new people to meet and new experiences every day. If your child is ready for school right from the start, they'll have an easier time growing into a happy and healthy adult.

Who needs to know about school readiness?

This information is aimed at parents with children under the age of five. As a parent, you are the most important person in your child's life right now. Whether you have a 5-year-old about to start school or a toddler still learning to walk at home, there are a number of things you can do to make sure your child gets the best possible start at school.

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NURSING STUDENTS.

## LANGUAGE AND COGNITIVE DEVELOPMENT <sup>7</sup>

Words and numbers are part of everyday life. Your child's ability to count, read and write are all very important life skills. Children who enjoy stories and being read to and who are able to think, understand and explain at the appropriate level for their age and stage will be ready to succeed in school and life. Here are some things you can do to help your child become a great reader, writer, and thinker:

- Make reading to your child it part of their daily routine.
- Encourage them to read cereal boxes and making grocery lists together throughout the day.
- Make conversation and important part of every day.
- Encourage and let your children play. Every time they play they are exploring the world with all their senses and learning how things work.
- Use daily routines as an opportunity to learn like using cooking as an opportunity to count.
- Look for activities for the whole family like board games instead of watching T.V. Children learn better by doing rather than simply watching.





## Social Skills

Social skills are an important part of being ready for school because they affect how well your child gets along with other kids and with their teachers. Some social skills may come naturally for your child. Kids learn a lot of things by watching what their parents do, and that includes interacting with other people. Your child starts learning long before they start school, and you are their teacher. However, keep in mind that every child is different, and some kids take longer to develop social skills than others.

One of the best things you can do as a parent is to help your child arrange playdates with other children. Talk with them in advance about things like sharing, respecting personal space, and how to know if they've hurt someone else's feelings. If your child learns important ideas like these early on, they'll have a much easier time making friends and interacting with others.



## Communication skills and General Knowledge.

It is important for your child to be able to clearly communicate their needs and to listen to and understand others. It is also important that your child be interested in exploring the world around them. This will help them learn and grow. Children learn best by watching and copying you. Here are some things you can do to help your child be a great talker and listener and to explore the worlds many wonders:

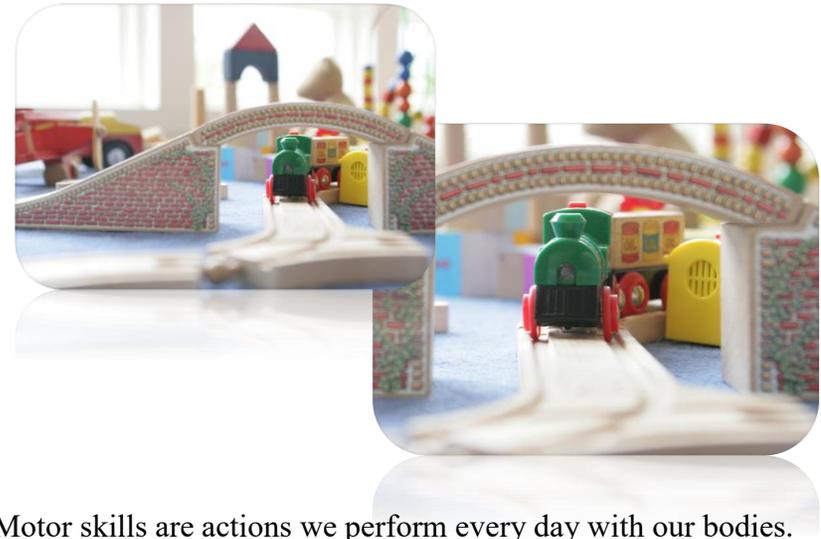
- Don't just talk, listen to your child.
- Ask them about the weather or their day with open- ended questions like "What happened at school today.
- Encourage your child to try new things.
- Respect their efforts and never make fun of their mistakes.
- Let them ask questions and express their feelings.
- Talk about what is important to them (favorite book, toy, and movie). Encourage them to ask about your interests as well.
- Speak in different voices and make different facial expressions.
- Play games like name that thing.
- Let your baby explore a variety of safe and interesting objects (ex: touch and feel book, child's mirror).
- Encourage imagination by making up a story and then encourage your child to do the same.



## Physical Health and Wellbeing

This element focuses on whether your child is physically ready for school and if they can perform gross and fine motor skills that are important in their learning. Parents can be highly involved in this element as it is helpful for them to ensure that their child is ready to learn first thing in the morning! Here is a checklist to make sure your child is ready for class:

- Is your child appropriately dressed for the weather and indoors?
- Is your child well rested?
- Is your child well fed? Do they have a nutritious lunch prepared?
- Is your child healthy? (Don't be afraid to take a sick day!)



Motor skills are actions we perform every day with our bodies. A **gross motor skill** includes big movements and a **fine motor skill** includes small movements. Here are a few examples of gross and fine motor skills that your child should be able to do while they're at school in order to maximize their potential for learning.

Gross motor skills	Fine motor skills
Sitting cross legged	Able to hold a pencil and write with it
Running without tripping	Able to work with scissors
Able to climb stairs	Catch and throw small ballstoy
Go to the washroom independently	Playing with puzzles

If you find that your child may be lacking in some of these skills, take the time and spend a few minutes with them and teach them how to perform these skills! Activities such as going to the playground or taking some time to do some arts and crafts can go a long way!