

# SCHOOL READINESS

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**School readiness** is defined as how prepared your young child is to start and succeed at school.



It is now widely accepted that **social, behavioural** and **emotional** competencies are better indicators of how successful a child will be at school than how intelligent or academically prepared a child might be.

**As you consider whether your child is ready to start school, it's helpful to ask yourself the following questions:**

1. Is your child able to get along with others, including family members, teachers and peers?
2. Is your child able to follow directions?
3. Is your child able to identify and handle his/her feelings?
4. Is your child likely to seek out a teacher's help if needed?
5. Is your child able to manage his/her behaviour in different social settings?

6. Is your child able to join in with a group and cooperate with others in play?
7. Can your child think of appropriate solutions when conflict arises?
8. Is your child able to pay attention to and persist with tasks?
9. Is your child able to make sense of other people's behaviours and feelings?
10. Does your child feel good about him/herself and others?

**These questions reflect the key skills which have been identified as essential for school readiness and later academic success.**

**Identifying any areas of difficulty for your child can provide you with a focus of where best to help, ahead of time.**

To find out more about Dr Kaylene Henderson and her popular resources, go to: [www.drkaylenehenderson.com](http://www.drkaylenehenderson.com). Or to download her online Advice Packs on a range of topics such as anxiety, resilience, school readiness and tantrums, head to A Dose of Awesomeness: [www.adoseofawesomeness.com](http://www.adoseofawesomeness.com).