

Prep Readiness Checklist



Starting Prep is an exciting milestone! Every child develops at their own pace, but here are some key skills that help children feel more confident, capable, and ready to learn.

Independence & Self-Care

- Can go to the toilet on their own (including handwashing).
- Can open their lunchbox, food containers, and drink bottle.
- Can dress themselves (shoes, socks, jumpers, hats).
- Tries to pack and carry their own school bag.

Fine Motor Skills

- Can hold a pencil or crayon with some control.
- Can use scissors safely to cut along a line.
- Can draw simple shapes and attempt to write their name.
- Enjoys activities like colouring, building blocks, or playdough.

Gross Motor Skills

- Can sit upright on the mat for short periods.
- Can run, jump, and climb with confidence.
- Can throw, catch, and kick a ball.
- Can move safely and follow group physical activities.

Social & Emotional Skills

- Can separate from parents/caregivers with reassurance.
- Can share, take turns, and play alongside others.
- Can follow simple instructions (e.g., "Pack away your toys").
- Beginning to manage big feelings with some adult support.
- Signals when they need help, comfort, or a break

Learning & Thinking Skills

- Shows curiosity and interest in exploring new things.
- Can focus on an activity for a few minutes at a time.
- Recognises some colours, shapes, numbers, or letters (not essential, but a bonus!)
- Enjoys listening to stories and looking at books.
- Can follow simple, predictable routines with reassurance or cues

Remember

Every child is unique. Some children may need a little extra support in one or more areas – and that's okay! Prep is about learning and growing.

If you feel your child may benefit from some extra help with skills like coordination, self-care, or attention, Kids Matters Occupational Therapy is here to support you.

