

School Readiness Checklist (Printable)

Name: _____ Date: _____

Tick what your child can do most days this week. One or two gaps are normal. A row of gaps, or a skill they used to have and lost, is a reason to talk to someone.

Sitting, waiting, following	Most days	Sometimes	Not yet
Sits with a small group for a short activity without being held in a lap	☐	☐	☐
Follows a two-step instruction ("bag down, sit on the mat")	☐	☐	☐
Waits a short turn without grabbing	☐	☐	☐
Looks at a book or a toy with an adult for a couple of minutes	☐	☐	☐

Asking and recovering	Most days	Sometimes	Not yet
Asks for help with a word, a gesture or by bringing you the thing	☐	☐	☐
Recovers from a no within a few minutes, most of the time	☐	☐	☐
Separates from you after a goodbye, even if there are tears at the door	☐	☐	☐
Makes themselves understood to a familiar adult who is not you	☐	☐	☐

Self-care at school	Most days	Sometimes	Not yet
Uses the toilet, or clearly asks, and manages clothing with help	☐	☐	☐
Eats a snack near other children without a daily battle	☐	☐	☐
Puts a bag down and finds a shoe or a bottle with a prompt	☐	☐	☐
Washes hands with a reminder	☐	☐	☐

Notes — time of day, what helps, what the teacher has said:

How to use this

Print one copy. Fill it in over a week of ordinary days, not after a special afternoon of practice.

Tick “most days”, “sometimes” or “not yet”. One or two “not yet’s” are normal. A row of them is a conversation.

Give a second copy to the class teacher after two weeks of school, so home and school can be compared.

Bring it to a consultation if you want help before term starts. A consultation is Rs 1,500 and lasts up to 50 minutes.

Pairs with our **social skills home program** at inclusivetherapycentre.com/home-programs

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