

# Start Ready

## *A Guide for Parents to Prepare their Children to Begin School*



Children will enter Kindergarten at different ages and at different stages of development. As a result, each child will have mastered a variety and range of physical, behavioral and academic skills when they begin school. This Guide is designed to provide parents with a list of important basic skills that their children will use in school. You can help your child be better prepared to begin Kindergarten by exposing them to as many of these skills as are developmentally appropriate. (Mastery of specific skills will also vary among children). If you need assistance with preparing your child for school, please consult the Parent Resource Guide on the back of this page.

### Physical Skills

- Able to dress self.
- Able to care for personal needs (e.g., go to toilet, wipe runny nose, etc.).
- Able to tie shoes.
- Can use pencils and crayons.
- Can use scissors appropriately.



### Behavioral Skills

- Knows how to share and take turns.
- Able to sit quietly and listen.
- Able to follow directions.
- Respectful and courteous to adults and other children (i.e., good manners).
- Demonstrates good table manners while eating (i.e., can use fork and spoon).



### Academic Skills

- Recognizes basic colors.
- Can recognize and draw simple shapes.
- Can count to 10 and recognizes numbers 1-5.
- Can recite ABCs and recognizes some letters.
- Familiar with popular children's literature and nursery rhymes.
- Can write first name, and knows full name, address, phone number and birthday.



# PARENT RESOURCE GUIDE



## Where can I get child care information in Johnston County?



Smart Start's Child Care Choices is a terrific starting point when looking for child care locally. Call Angela Bogle or Karen Mills at 202-4893. You may also want to contact Shirley Whitley at Headstart, 934-2145.

## What types of help and assistance are available to me?

We have three helpful kinds of assistance in our area. To learn about **(1) child care financial assistance**, contact the Johnston County Department of Social Services (DSS, 989-5300). If you want to find out about **(2) parent literacy programs**, contact Pam Earp at Johnston Community College (209-2034). We also have a variety of wonderful **(3) parenting skills classes** available in our community:



Trystyn Snellings	Smart Start's KidSource	202-0002 Ext. 114
Rhonda Smith	Johnston County Mental Health	989-5500
Cynthia Toudle	Johnston County Health Dept.	989-5202
Ann Arant	Teen Parenting (DSS)	989-5300
Cynthia Starling	Family Preservation (DSS)	989-5300
Sarah Thompson	Parent Involvement Spec. (JCS)	934-4361 Ext. 376

## Where can I get educational materials and supplies?

The public library is hard to beat as a source of programs, materials and supplies for our children. Johnston County has an impressive network of public libraries located in Kenly (284-4217), Selma (965-8613), Clayton (553-5542), Four Oaks (963-6013), Benson (894-3724) and Smithfield (934-8146).



We are fortunate to also have two other excellent choices for educational toys, materials and supplies. Contact Dora Sanders (202-4893, Ext. 104) at the Lending Library/Resource Room of Child Care Choices, or Marilyn Waddell (938-2512) at Stones Parent Teacher Store.



## Where do I get information about Kindergarten in Johnston County?

You can contact Johnston County Public Schools directly for Kindergarten information at 934-4361. Ask for the Kindergarten Coordinator.

Our Johnston County schools are continuing to improve every year. We have excellent principals, teachers and parents with growing expectations for our children. This Guide represents many but not all of the child care resources in our community. The Smithfield Selma Area Chamber of Commerce hopes that the Start Ready and Parent Resource Guides have been of value to you and your family.