



A “School Readiness” Checklist for Preschoolers (Around age 3)

We are honored you have interest in our school for your child. To assist you in determining if Over the Moon is the right fit for your child and family, we have created a list of goals we believe our young students should meet prior to enrollment at Over the Moon. Adherence to and/or mastery of the items below will help to ensure your young student transitions from home life to school life in the most appropriate and successful way. “Beginnings Matter” and we look forward to being part of your child’s education journey when they are school ready.

★ ESTABLISH A ROUTINE

- Set an appropriate consistent bedtime. The AAP recommends 6 to 8pm for this age group.
 - Healthy restorative sleep is the pathway to a happy healthy child. For more reading on this subject, please read [“Healthy Sleep Habits, Happy Child”](#).
- Set an appropriate wake up time for your child to arrive to school stress free.
 - School starts at 9:00 am and for some students earlier if they will be attending before care.
- Taking 1 mid-day nap.
 - We nap starting around 12:15-12:30, depending on when they finish lunch and potty.
- No longer using a binky. We encourage a use of a “lovey” for rest time.

★ MEALTIME

- No longer nursing
- Can eat meals and snacks sitting at a small toddler table or at a big table with a booster seat. Not in a highchair.
 - Snack is at around 10 am & Lunch is at 12 pm
- Using a regular cup/water bottle. No longer using a sippy cup or bottle.
- Can feed themselves using size appropriate utensils.

★ BATHROOM

- Consistently working on potty training (in a pull-up/training underwear); no diapers.
- Needs little assistance with potty training (pulling up/down pants)

★ INDEPENDENCE/COMMUNICATION

- Can independently (or with minimal assistance) put on/take off our clothing (jacket; etc)
- Little assistance with taking off shoes/ putting them on.
 - No lace shoes unless a child can do it completely independently. Velcro or slip on are recommended.
- Can communicate needs or wants (drink; bathroom; food; assistance)
- Speak in sentences of more than 4 words OR carries on a conversation using 2 to 3 sentences. *
 - (If they can’t, parent is actively seeking a speech evaluation)

**Recommendation by the AAP (American Academy of Pediatrics) or CDC Milestone Moments*