

# Health Unit Media Release



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## **Will your 3-year-old be ready to start school in one year**

Many parents look at their 3-year-old children and say “I can’t believe he/she will be starting school in a year”. They wonder if their child will be able to adapt to the structure and routines of the classroom and being away from their parent(s) for the whole day.

Thinking about your preschoolers’ school readiness well before he/she is registered gives you a wonderful opportunity to look at their skills and development and then help them learn and practice skills that will help them when they start school.

Questions to ask yourself are, can your 3-year-old:

- Get dressed with help
- Go to the bathroom
- Ask for help
- Feel good about trying new things
- Share & take turns with other children
- Communicate so a teacher and other students can understand
- Listen and follow directions

The Leeds, Grenville & Lanark District Health Unit has information and resources about child growth and development, school readiness and community resources. The Health Unit can provide you with a developmental checklist for your 3-year-old so that you can see if your child is able to do the activities that most children the same age are doing. We can also provide you with ideas how you can help your child develop the skills that will help him/her be school ready.

According to a report from Applied Research Branch,

“Being school ready at school entry gives children the opportunity to benefit from all that school has to offer, both academically and socially. This allows them to develop self-respect and self-esteem as they tackle the challenges of learning and growing up.”

If you would like to receive a developmental checklist or other information about school readiness, just call The Health Unit at 1-800-660-5853 or 345-5685 or go to our website at [www.healthunit.org](http://www.healthunit.org).

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