



## **Preschool Preparation Checklist**

**A Detailed Parent Handbook to Prepare Your Child for Preschool in India**

By Shemrock Group of Schools

## 1. Emotional Readiness Checklist

- Practices short separations: Gradually leave your child with trusted family members for short durations so they learn that you always return.
- Responds positively to school conversations: Talk enthusiastically about school activities to build curiosity instead of fear.
- Has a goodbye ritual: A consistent hug or high-five builds emotional security during drop-off.
- Expresses basic needs: Encourage your child to say when they are hungry, thirsty, or need help.
- Comfort with other adults: Help your child interact with relatives or family friends to build trust beyond parents.

## 2. Social Skills Checklist

- Shares toys and takes turns: Practice turn-taking games at home to prepare for group classroom activities.
- Follows simple instructions: Give two-step directions like 'Pick up your toy and keep it in the box.'
- Greets others politely: Encourage saying 'Good morning' and 'Thank you' confidently.
- Participates in small group play: Arrange playdates to develop peer interaction skills.
- Understands basic behaviour rules: Teach simple expectations like sitting during story time.

### **3. Independence Skills Checklist**

- Eats independently: Allow your child to practice eating with a spoon, even if it gets messy initially.
- Drinks without spilling: Encourage regular cup practice to build confidence.
- Communicates toilet needs: Begin basic toilet training and ensure they can indicate urgency.
- Washes hands: Teach proper handwashing steps with supervision.
- Manages simple clothing: Elastic waist pants and Velcro shoes make self-dressing easier.
- Recognizes belongings: Label bags and bottles, and help your child identify them.

## **4. Routine Readiness Checklist**

- Fixed sleep schedule: Ensure 10–11 hours of uninterrupted night sleep.
- Consistent wake-up time: Practice waking up at the same time as school days.
- Structured morning routine: Rehearse brushing, dressing, and breakfast order.
- Limited screen time: Replace excessive screens with books and creative play.
- Healthy food habits: Encourage fruits and simple home-cooked meals.

## **5. First Week Preparation Guide**

- School visit before Day 1: Familiar environments reduce anxiety.
- Meet the teacher: Build trust by introducing your child to their educator.
- Pack labeled essentials: Keep extra clothes and hygiene items ready.
- Confident goodbye: Avoid lingering during drop-off.
- Stay consistent: Even if your child cries, maintain routine for faster adjustment.

## **Final Note for Parents**

Every child adapts differently. Your patience, reassurance, and consistency are the most powerful tools in this transition. Preschool is the beginning of a joyful lifelong learning journey.