



## Is My Child Ready for Preschool?

Sunset Mesa Preschool begins accepting children at 2 ½ years old, but age is not the only consideration when determining if your child is ready for preschool. Readiness for preschool has more to do with whether a child is developmentally ready. Is your child socially, emotionally, cognitively and physically ready to participate with a group of children in a structured educational program?

The following considerations are provided by Patricia Henderson Shimm, associate director of the Barnard College Center for Toddler Development and co-author of *Parenting Your Toddler*.

### **Is your child fairly independent?**

Sunset Mesa is licensed by New Mexico to only accept children who are potty-trained. While it is routine for the teachers to incorporate multiple bathroom trips throughout the day, the young child should understand his/her body well enough to tell the teacher when an extra bathroom trip is needed. Please refer to our insert on Potty-Training Guidelines.

In addition, your child should be able to wash his hands, eat his lunch and snack without assistance, and lay alone quietly during rest/nap time.

### **Is your child able to verbally communicate?**

Preschool is a wonderful time for a child to learn how to interact with their peers as children have a chance to play and learn together. An essential part of these interactions is a child's ability to communicate with simple words and sentences with their classmates and with the preschool teacher. Children in preschool need to use their words and not express themselves by hitting or biting.

### **Is your child able to participate in group activities and follow directions?**

Many of our preschool activities, like circle time, requires all the children in the class participate at the same time. This means the all children will be asked by the teacher to sit still in their spot and listen to stories, count together, or sing songs. Your child will also be asked to follow teacher directions for transitional activities such as to line up for recess or gather their belongings for dismissal. If your child has not participated in group activities, we suggest you introduce them to story time at the library or enroll them in a gymnastics or structured play activity.