



Routines and Self-help Checklist

Use this checklist to create a healthy daily routine that can help your child get ready for school.

SLEEP

- My child gets up at around the same time each morning.
- My child has a time during the day to play quietly or to have a nap.
- My child has a bedtime routine and usually falls asleep easily at night.
- My child sleeps at least 10 hours most nights.

FOOD

- My child has a healthy breakfast each morning. (**Canada's Food Guide** can help you to make healthy choices.)
- My child eats three meals and two snacks each day.

PLAY

- My child is physically active for at least three hours per day. (Activities like running and playing in the park will help their body grow strong and healthy and will also help them to focus during the day and to sleep well at night.)
- My child has no more than one hour of screen time (TV, computer or video games) per day.

LANGUAGE

- My child can ask an adult for help. (If your child will be learning a new language at school, it can be helpful to teach them a few key words and phrases, like: help please, washroom, water, hungry, sick.)

GETTING READY FOR KINDERGARTEN

NEWCOMER
PARENT
RESOURCE
SERIES

- My child can tell others about their activities, outings or events in their home language.

SAFETY

- My child knows how to cross the street safely with an adult (i.e., knows to wait and hold an adult's hand before crossing).
- My child knows how they will get to and from school.
- My child is familiar with the school, the yard and the neighbourhood.

SELF-HELP

- My child knows how to dress themselves (except for some buttons, zippers and ties). Note: This is more likely for four- or five-year-olds.
- My child can go to the bathroom without help or with little help.
- My child knows how to wash their hands.
- My child can open and close lunch and snack containers.

EXPERIENCE WITH OTHERS

- My child has experience being separated from me and being with trusted adults who are not family.

To help your child get to know other places and people before they start school you can:

1. Go to programs for parents and young children.
2. Go to your local library, recreation centre or friendship centre.
3. Ask a friend to watch your child for short periods of time.
4. Take your child to the park, to a museum, to the grocery store or for a bus ride.
5. Check with your local school to see if they offer a school readiness program or a kindergarten visit before school starts.

It's okay if you can't check off all of these boxes. (That does not mean your child is not ready for school.) Just take some time to set routines and practise self-help and safety skills.

Adapted with permission from the Best Start Resource Centre.

Visit cmascanada.ca/cnc/parents for more multilingual parent information



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