

Monthly Messages:
Health & Physical
Well-Being



KENTUCKY GOVERNOR'S
OFFICE of EARLY CHILDHOOD

Ready to Grow, Ready to Learn & Ready to Succeed

Ten health & physical
well-being markers
of Kindergarten
readiness. 

Read about
what families can
do to help their
child. 

What does school
readiness in
Kentucky look
like? 

Where can I find
more resources
about Kindergarten
readiness? 

Help your child
understand
the world
around them!





Ten Health & Physical Well-Being markers of Kindergarten Readiness

- 1) Eats a balanced diet gets plenty of rest
- 2) Receives immunizations and regular medical and dental care
- 3) Runs, jumps and does other activities
- 4) Can cut and spread food with butter knife and/or fork
- 5) Feeds self with fork or spoon held in fingers
- 6) Washes and dries hands and goes to toilet alone
- 7) Brushes teeth without assistance and rinses out mouth
- 8) Puts shoes on correct feet and laces shoes
- 9) Can put on a pullover garment and zip up a separating zipper
- 10) Dresses and undresses without assistance



Where can I find more resources about Kindergarten readiness?

- Learn more about your child's development using the Developmental Timeline found at bit.ly/parentingcounts-timeline.
- Use the PBS Child Development Tracker to get insights on the stages of growth found at bit.ly/development-tracker.
- Or visit our page to find all this information and more at bit.ly/kykidsnow.



What does school readiness in Kentucky look like?

In Kentucky School Readiness means that a child enters school ready to engage in and benefit from early learning experiences that best promote the child's success.

Families, early care and education providers, school staff and community partners must work together to provide environments and developmental experiences that promote growth and learning to ensure that all children in Kentucky enter school eager and excited to learn. Health and Physical Well-Being is just one of five metrics that help guide us in developing our children.

Go online at bit.ly/school-readiness to download the entire *school readiness definition* and the *zero to three* or *three and four parent guides* for more information.



Read about what families can do to help their child.

- Provide daily opportunities for your child to play outside.
- Provide opportunities to make healthy choices.
- Help your child develop small muscles by doing such things as creating with Play Doh, legos, scissors and paper.
- Play racing games with your child.
- Hold your child's hand while he or she attempts to hop. Be sure to try with each foot!
- Encourage your child to dress themselves including zippers, buttons and snaps.
- Encourage them to keep trying if they have trouble completing the task!
- Work with your child on folding washcloths and towels. Encourage him or her to fold each item twice.

Monthly Messages:
Health & Physical
Well-Being



**KENTUCKY GOVERNOR'S
OFFICE of EARLY CHILDHOOD**

Ready to Grow, Ready to Learn & Ready to Succeed