



Milestones and Measurements *Physical and Motor Development*

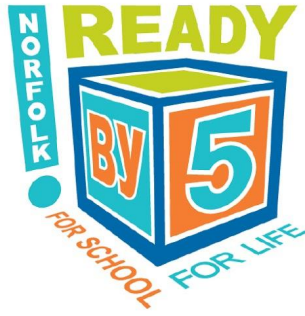
Nearly one-third of all Virginia children aren't fully ready for kindergarten. Is your child ready?

Schools look for certain skills and abilities in children to be ready for school. There are many things to look for in 4 key categories of development:

- Language and Literacy
- Math and Science
- Personal and Social Development
- Physical and Motor Development

This checklist provides a list of important milestones. If your child is not progressing, as you think he should, try the learning activities. They are designed to encourage development through various stages. If you are concerned about your child's development, please consult with your health care provider or other medical professional for further diagnosis and recommendations.

Can Your Child	Learning Activity
Climb, balance on one foot, hop, jump and run	Create running and riding paths, and obstacle courses. Dance with child using music and props.
Throw, bounce and catch a large ball	Play ball with child, beginning with large balls. First try rolling to targets, bouncing and catching, and then, catching a ball bounced by someone else. Graduate to smaller balls as the child is ready.
Fill and empty cups or other containers with sand or water	Provide sand and/or water play with a variety of differently sized cups, sifters, funnels, scoops and bowls.
Create objects with play dough or clay by rolling, patting and squeezing	Provide homemade soft dough for play. Add rolling pins and tools for molding and shaping dough.
Build a tower with five blocks	Provide a variety of differently sized blocks.
Use pencils, crayons, paint brushes and markers for drawing on blank paper	Avoid coloring sheets and begin with fat markers, brushes, crayons and large paper. Celebrate original creations and efforts!



Can Your Child	Learning Activity
Try to write using pencils, crayons and markers	Immerse child in meaningful print-rich environments. Let them observe you making and using lists and writing notes. Read your notes aloud. Make writing tools and paper available. Suggest child write thank you notes. Accept scribbles as writing. The child will eventually refine marks in imitation of mature writing.
Cut paper with scissors	Start by using scissors for snipping clay dough logs. Try fringe cuts on a paper bag vest, or on strips of “grass” for a picture. Encourage cutting snips from strips of paper. As children develop finger-thumb independence, try cutting shapes
Button, snap and zip clothing	Use large buttons and snaps that are easy at first.