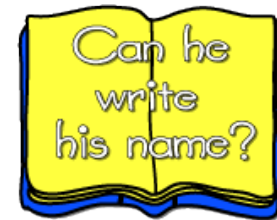
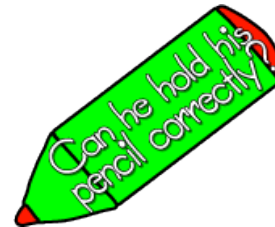


Getting Ready For School



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School Readiness

- Adequate fine motor skills
- Adequate gross motor skills
- Adequate visual perception/cognitive skills
- Following of instructions
- Adequate Social skills
- Emotionally mature



School Readiness

- Hand dominance
- Crossing the midline
- Pencil control
- Writes name
- Draw a person/house
- Hop, jump, copy movement patterns
- Balance on one leg for 5 seconds
- Move through environment without bumping into things
- Dress independently (incl. socks and shoes)
- Separate from carers
- Initiate play with peers
- Follow instructions



Essential Skills for School – Fine Motor

- Has established a dominant hand
- Adopts a mature tripod grasp/efficient pencil grip
- Can draw a detailed picture of a person
- Can copy shapes O + □ Δ X
- Can write name
- Can manipulate scissors correctly and cut accurately
- Coordinates two hands for tasks such as construction and threading
- Manipulates small objects with pincer grasp

Essential skills for school – Gross motor

- Can move around room with out tripping or bumping
- Manages stairs independently
- Can balance on one foot for 8-10 seconds
- Catches, throws and kicks a ball with precision
- Runs with arm/leg coordination
- Jumps, hops and marches with ease
- Displays adequate strength and muscle tone (fatigue and maintaining posture)



Visual Perception

- Can copy block design
- Can copy bead pattern
- Can recall a sequence of 4-5 items
- Can detect small differences in pictures



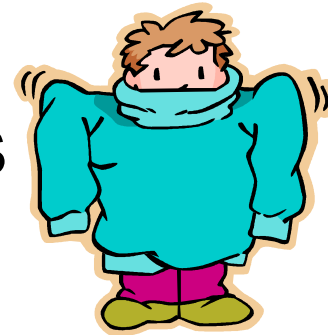
Listening and Learning

- Names primary colours
- Counts 1-10
- Follows a 3-step instruction
- Can maintain appropriate concentration



Self-care Skills

- Can dress independently including socks and shoes
- Manages zippers and buttons
- Toilets independently
- Can unwrap lunch packets

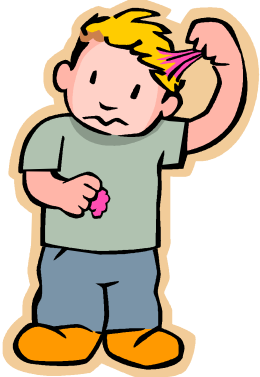




Paediatric Occupational Therapy Services

Development

Development requires foundation skills to be established before more complex skills can be achieved.





Some things to remember...

It is always easier to learn when you are having fun - this goes for both you and your child!

Children all develop at different rates and what your child can do today, with direct intervention and a bit of practice, may be very different tomorrow.