

# READY SET GROW

Ages  
18–36 mos

Use this checklist to identify the skills you can help your child develop.

List derived from the NYS Pre-K Learning Standards Resource.

## Physical Well-being

- Pours contents of one container into another
- Scribbles + begins to imitate marks (ex. a line, circle)
- Uses eating utensils (if culturally appropriate)
- Stacks, sorts, or strings items
- Runs across room or playground
- Dresses or undresses with assistance
- Shows interest in using the toilet with assistance
- Sustains moderate physical activity for at least 10min at a time

## Social + Emotional Development

- Seeks adult assistance + comfort
- Initiates interactions + play
- Labels feelings + shows awareness of how others are feeling
- Follows familiar routines
- Expresses interest + excitement about things/activities
- Tests limits + strives for independence
- Begins to control impulses (ex. listening when caregiver says “no”)
- Begins to use play to express/act out emotions

## Learning, Curiosity + General Knowledge

- Plays pretend + uses imagination during play, uses props
- Connects objects + ideas (ex. swimsuits are for swimming)
- Realizes behaviors can precede events, (ex. caregiver is cooking, it's time to eat)
- Makes choices, proposes ideas of how to spend time
- Shows interest in wanting to take care of self
- Arranges objects by characteristics, uses size words, begins to quantify
- Draws/scribbles + explains what the drawing is

## Language + Communication

- Uses descriptors to describe things or events (ex. blue truck)
- Responds to action words by performing the action
- Uses nonverbal gestures to express feelings (ex. giving hugs)
- Requests to hear familiar stories
- Speech is 50-75% intelligible, use some two + three syllable words
- Asks simple questions
- Follows simple two-step verbal directions
- Begins to identify letters in own name, recognizes own name printed