



Therabees

School Readiness Occupational Therapy Checklist

This checklist is designed to help parents and caregivers reflect on skills that support participation and independence at school. Every child develops at their own pace. This checklist is not a test or a diagnosis.

Tick the items your child can usually do independently.

Toileting Skills

- Recognises when they need to use the toilet
- Goes to the toilet without avoiding or holding all day
- Manages clothing before and after toileting
- Wipes independently or knows when to ask for help
- Flushes the toilet
- Washes and dries hands
- Manages toileting in a busy or noisy bathroom

Dressing and Self Care Skills

- Puts on and takes off shoes independently
- Manages socks correctly
- Puts on and takes off a jumper or jacket
- Manages buttons, zips or velcro
- Dresses and undresses within a reasonable time
- Manages dressing for sport or swimming
- Tolerates different clothing textures and uniforms

Classroom and School Participation Skills

- Separates from caregiver without significant distress
- Carries and manages their school bag and belongings
- Sits on the floor or at a desk when required



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- Follows one to two step instructions
 - Transitions between activities with support
 - Manages noise, movement and busy environments
 - Can ask for help when needed
 - Regulates emotions during the school day
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What next?

If you notice several areas where your child is finding things tricky, a paediatric occupational therapist can help.

Occupational therapy supports children to develop the skills they need to participate confidently at school.

To learn more or [book an appointment](#), contact the Therabees team.