



# R U Ready 4 Kindergarten

A Comprehensive Early Childhood Readiness & Prevention Model

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## WHITE PAPER

by: V.O.I.C.E. Consulting, LLC

Vision, Opportunity, Investment Commitment, Enterprise



# Executive Summary

R U Ready 4 Kindergarten (RU4K) is a structured, short-term early childhood intervention designed to prepare children ages 4–6 for successful entry into kindergarten. Rooted in prevention science, early childhood mental health, and school readiness frameworks, RU4K addresses developmental, behavioral, social-emotional, and early academic readiness through targeted, play-based learning and family-centered engagement.

Delivered over 4–6 weeks, with extended options up to 12 weeks, RU4K combines screening, individualized planning, and skill-building across five core readiness domains. The program not only prepares children for school but also reduces the likelihood of future academic and behavioral challenges through early identification and intervention.

## Statement of Need

Many children enter kindergarten without the foundational skills needed to succeed academically and socially.

These readiness gaps, especially in underserved communities, often result in long-term educational disparities.

Key challenges include:

- Limited access to early developmental screening
- Underdeveloped social-emotional skills
- Behavioral readiness concerns
- Gaps in early literacy and numeracy

Without early intervention, these challenges can lead to:

- Increased disciplinary actions
- Lower academic performance
- Special education placement
- Long-term disengagement

RU4K addresses this gap through a preventive, early-intervention model that ensures children are developmentally, socially, and academically prepared for school entry.

## Program Overview

RU4K is a high-impact, short-cycle intervention model that integrates:

- Developmental screening
- Individualized readiness planning
- Play-based learning
- Parent coaching and engagement

Program Structure:

- Duration: 4–6 weeks (extendable to 8–12 weeks)
- Frequency: 2–3 sessions per week
- Session Length: 45–60 minutes
- Settings: Community-based, library, virtual (parent coaching)

## Theoretical Framework

RU4K is grounded in:

- Early Childhood Development Theory
- Social-Emotional Learning (SEL)
- Prevention Science
- Family Systems Theory
- Ecological Systems Theory

This interdisciplinary foundation ensures a whole-child, whole-family approach.

## Core Readiness Domains

RU4K focuses on five domains critical to kindergarten success:

1. Social-Emotional Development
  - Emotional identification
  - Self-regulation
  - Peer interaction
  - Separation readiness
2. Behavioral Readiness
  - Following directions
  - Classroom routines
  - Attention and impulse control
  - Transitions
3. Early Literacy
  - Letter recognition
  - Listening skills
  - Vocabulary development
  - Story engagement
4. Early Numeracy
  - Counting and number recognition
  - Sorting and patterns
  - Problem-solving
5. Motor & Adaptive Skills
  - Fine motor development
  - Gross motor coordination
  - Self-help skills

## Assessment & Individualized Planning

RU4K uses the Child Readiness Snapshot (CRS) to assess each child's readiness level:

- Ready
- Emerging
- Needs Targeted Support

Each child receives an Individualized Readiness Plan (IRP) that includes:

- Strengths
- Skill gaps
- Weekly goals
- Targeted strategies
- Home support guidance
- Progress tracking

## Program Model & Weekly Framework

- Week 1: Assessment & Baseline
- Week 2: Emotional Awareness & Routines
- Week 3: Communication & Early Literacy
- Week 4: Self-Regulation & Behavior
- Week 5: Early Math & Problem-Solving
- Week 6: Readiness Review & Transition

## Intervention Strategies

Child-Focused

- Play-based learning
- Social stories and role play
- Sensory and movement activities
- Structured small-group learning
- Visual routines

Family-Focused

- Parent coaching sessions
- Home activity guides
- Positive behavior strategies
- Transition planning

## **Logic Model & Evaluation Framework**

### **Program Logic Model**

- Inputs
- Trained facilitators
- CRS assessment tool
- IRP framework
- Curriculum materials
- Parent engagement resources
- Community-based spaces
- Data tracking systems
- Activities
- Conduct CRS assessments
- Deliver 2–3 weekly sessions
- Implement play-based instruction
- Provide parent coaching
- Develop IRPs
- Reassess readiness
- Outputs
- Number of children served
- Assessments completed
- Sessions delivered
- Parent sessions conducted
- IRPs developed

### **Short-Term Outcomes**

- Improved emotional regulation
- Increased attention and engagement
- Growth in literacy and numeracy
- Improved peer interaction

### **Intermediate Outcomes**

- Demonstrated readiness across domains
- Improved classroom behavior
- Increased parent support capacity

## **Long-Term Outcomes**

- Successful kindergarten transition
- Reduced need for intensive interventions
- Improved academic outcomes

## **Evaluation Framework**

RU4K uses a pre/post evaluation design to measure impact.

### **Key Evaluation Questions**

- Does RU4K improve kindergarten readiness?
- Are children demonstrating measurable developmental gains?
- Are families better equipped to support learning?
- Is the program implemented with fidelity?

## **Data Collection Methods**

### **Child-Level**

- CRS (Pre/Post)
- Observational assessments
- Engagement tracking

### **Family-Level**

- Parent intake
- Feedback surveys
- Coaching notes

### **Program-Level**

- Attendance records
- Completion rates
- Fidelity logs

## Key Performance Indicators (KPIs)

### Readiness

- % of children improving readiness level

### Engagement

- Attendance rate (target: 80%+)

### Family Impact

- % of parents reporting increased confidence

### Program Quality

- Facilitator fidelity to model

## Continuous Quality Improvement (CQI)

- Weekly facilitator reflections
- Mid-program reviews
- Post-program evaluations
- Data-driven program adjustments

## Pathway to Evidence-Based Practice

RU4K will achieve evidence-based status through:

- Standardized implementation
- Consistent outcome tracking
- Replication across sites
- Research partnerships
- Longitudinal data collection

## Outcomes & Impact

### Short-Term

- Improved regulation and behavior
- Increased engagement
- Stronger foundational skills

## Sustainability and Future Growth

### Intermediate

- Smooth transition to kindergarten
- Increased confidence and participation

### Long-Term

- Reduced educational disparities
- Improved academic success
- Decreased intervention needs

## Equity & Access

RU4K promotes equity by:

- Delivering services in accessible community settings
- Engaging families as partners
- Providing culturally responsive programming
- Addressing disparities early

## Alignment with The Best of Me Model

RU4K operates within FM2U's Best of Me framework, emphasizing:

- Prevention
- Family-centered care
- Whole-child development
- Community-based delivery

It also serves as the entry point into FM2U's Signature Six pipeline, supporting lifelong development.

R U Ready 4 Kindergarten is a scalable, prevention-focused early childhood model that prepares children for success while strengthening families and communities. By integrating assessment, individualized planning, and targeted intervention, RU4K reduces disparities and builds a strong educational foundation.

With its structured design and embedded evaluation framework, RU4K is positioned to become a replicable, evidence-based model for early childhood readiness nationwide.

This White Paper was written by V.O.I.C.E. Consulting, LLC, the creator and ongoing developer of the Signature Six Programs.

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**Call to Action**

From Me 2 U, Inc. invites funders, partners, and policymakers to join our mission of equity, prevention, and transformation. Your investment can support:

- Facility expansion
- Workforce program scale-up
- Research and evaluation initiatives
- Capacity-building for underserved families

Together, we can protect and empower the future.

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