

PARENTING | THE | PRESCHOOLER

Because kids don't come with an instruction manual

Age 4

fyi.uwex.edu/parentingthepreschooler/

Tips for Supporting Development

- ◆ Offer sincere, specific praise to reward behavior you want to encourage. "I like the way you sat quietly and listened."
- ◆ Encourage your child's imagination and creativity by taking time to answer her questions, introducing different ways of using things, and providing new experiences.
- ◆ Help your child express his feelings through the use of his words, pretend play, or drawing a picture.
- ◆ Encourage outdoor play to keep your child active and build motor skills.
- ◆ Give your child new opportunities and help her finish what she starts. Provide support, while letting her finish and feel the accomplishment.
- ◆ Provide consistent, daily routines.
- ◆ Give your child plenty of time to engage in activities. Rushing is stressful.



Photograph by Kristin Krokowski



Photograph by Carmen Saucedo

Social and Emotional Growth: Help your child build a strong foundation for life by being her role model. Coach your child on how to cope with her feelings, understand others' feelings and needs, and have positive relations with others. Help her practice sharing.



Photograph by Sarah Hawks

Developmental milestones are skills that appear in a certain order for all children. Each child will reach these milestones at different rates. Developmental milestones help parents understand what to expect as their child grows.

Developmental Milestones

At age 4, watch for your child's ability to:

- Follow a few, short, easy directions
- Sing a song or say a short poem
- Stand on one foot for 5-10 seconds and not lose balance
- Stand, hop on one foot, and jump at least 20 inches forward on two feet
- Color mostly within the lines
- Copy some letters of the alphabet
- Count 5 or more objects
- Play simple board or card games
- Express anger with words rather than in a physical way
- Have a sense of humor and try to make others laugh
- Enjoy playing with other children

What is developmental screening?

Developmental screening can help you determine if your child is developing on track for his or her age. It's a way to check if there are any problems in how your child learns, plays, speaks, or acts.

Ask your child's doctor, child-care provider, early childhood teacher, or home visitor about doing a developmental screening. There are tools that have been developed just for parents to use with their children. Find one for your child's age at: <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>.

Parents who have used a developmental screening tool with their children say it helped them learn more about child development. It's great hands-on parenting!

UW-Extension Family Living Programs

"Raising Kids, Eating Right, Spending Smart, Living Well"



For more information, please contact Polk County UW-Extension office:
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[Link To References](#)

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