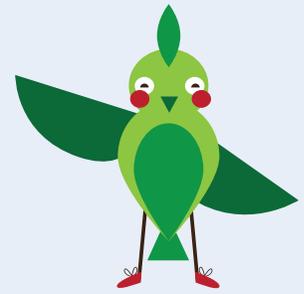


Growing up Healthy and Happy

Young children: 4 to 5 years old

Child development involves learning and mastering certain activities or tasks, referred to as “developmental milestones.” Parents can help support their child’s development by engaging in activities that complement each stage. Children’s abilities to master these tasks should improve as they get older.



Children’s Tasks and Transitions

Physical

- Continue to explore and learn about their world
- Learn to use their physical power
- Take initiative and try new things
- Learn to hop, somersault, climb, swing and skip
- Dress themselves
- Use the toilet on their own

Intellectual

- Speak in increasingly complicated sentences
- Have lots of questions about the world
- Learn about cause and effect when seeing that there are positive and negative consequences to their actions
- Thinking remains literal

Emotional

- Feel proud when able to “do it myself”
- Feel frustrated at times by what they can’t do
- Self-esteem depends on how others react to them

Social

- Enjoy fantasy and pretend play
- Learn to be well-behaved in different settings
- Learn to take turns and share
- Become more interested in playing with friends

Parents’ Tasks and Transitions

Physical

- Continue to provide a safe space for your child to explore both inside and outside your house
- Tolerate their desire to “do it myself,” even if they don’t do it perfectly

Intellectual

- Give information and correct misinformation; answer questions (including the “why” questions)
- Use positive and negative consequences to teach cause and effect
- Let them make simple decisions to provide a sense of power and control

Emotional

- Set limits calmly and fairly; be consistent and follow through
- Defiance and refusal to follow rules is typical; a calm, consistent response is best
- Help your child cope with loss and grief (pets, family members)

Social

- Encourage “make believe” play while helping them learn the difference between fantasy and reality
- Encourage peer relationships