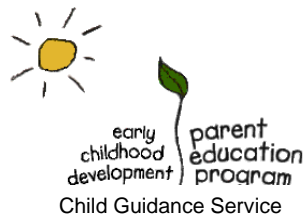


To help your child learn

- Let your child help with household activities as much as possible. She needs to show she is capable and is able to contribute by participating in family activities.
- Give your child the opportunity to paint, color, paste, draw, and practice cutting with blunt scissors. Display her work with magnets on the refrigerator.
- Encourage your child to play with puppets, blocks, cars, trucks, trains, dolls, and other items where she can make up stories and pretend.
- Play "follow the leader" with your child, taking turns being the leader. Use jumping, running, skipping, somersaults, or any other action you think she might be able to do.
- Watch selected T.V. with your child and talk about what is real and not real.
- Visit the local library and get a card in your child's name. Check out and read books, and go back often.
- Use daily activities to teach--let your child find items in the grocery store, make a game out of sorting laundry, folding and putting away clothes, and measuring or stirring ingredients when cooking.
- Provide opportunities for your child to make "friends" through small group play (no more than 3 or 4 other children.) .

For more information contact your county health department.



"Your Child at 4 Years" is issued by the Oklahoma State Department of Health, as authorized by James M. Crutcher, M.D., M.P.H., Commissioner. 5,000 copies were printed by the Oklahoma State Department of Health in September, 2005 at a cost of \$.04 each. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.

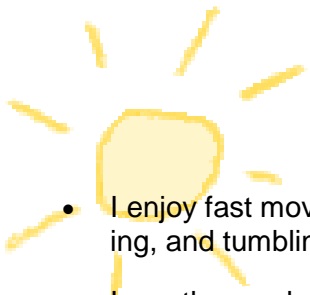


Your child at 4 years

Your child is now a delightful, charming, wild, wonderful, and often exasperating four year old. She seems to burst with energy and her behavior may often be "out-of-bounds", explosive, and destructive. Her curiosity and creativity may cause her to confuse fact and fantasy. She loves "make believe" and "tall tales." She can be very dramatic, she likes to tease, and enjoys humor, nonsense, and silliness. She can also be a show-off, cocky, and boastful.

Endless "what" and "why" questions may try your patience, but this is an opportunity to talk with your child and help her learn.





What is it like to be 4 years old?

How I grow

- I enjoy fast moving activities--running, jumping, climbing, and tumbling. I am a bit of an acrobat.
- I can throw a large ball and kick it with some accuracy.
- I can hop on one foot.
- I may be able to follow a cutting line with scissors.
- I like to draw and copy shapes with crayons.

How I talk and understand

- I love to ask questions.
- I talk in complete sentences of 4 or 5 words.
- I understand prepositions like "on," "under," and "behind."
- I can point to 3 out of 4 colors.
- I can count 3 objects.
- I can understand simple reasons for things.
- I can listen to and tell long stories, sometimes confusing fact and fantasy.
- I can solve conflicts by talking.
- I can comment, criticize and compare.
- I like to use "bathroom" words, and swear. I often call people names. I like silly words and rhymes.

This flier describes a "typical" child at this age. Children are different and perfectly normal children may do things earlier or later than this description. If you have questions about your child's development, call your county health department. Also, in the interest of fairness, the gender of the child described

How I get along with others

- I can play cooperatively with 2 or 3 other children. I'm beginning to make "friends", but my loyalties shift frequently.
- I often greet people with "hey", or "You know what?"
- Sometimes I am easily over-stimulated and excitable. I may be impatient and intolerant in large groups.
- I can be dominate, bossy, and boastful. I may hit, or grab for what I want, but I can learn to share and take turns.
- I like to tease and "out-wit" others.
- I try to cover up my unsureness by using excuses, talking big, and telling stories.
- I may "tattle" on others.

What I have learned

- I have an attention span of 8 to 12 minutes.
- I can build recognizable forms with blocks or Legos.
- I like to experiment.
- I have lots of ideas.
- I understand concepts of today, tomorrow, and yesterday.
- I may be impulsive and can't wait to do something until instructions are given.

What I can do for myself

- I can dress by myself except for back openings.
- I can brush my teeth, wash my face, and lace my shoes.
- I can help with simple tasks--like putting away toys.

