

Help Your Child Learn and Grow



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 4-year-old child today.

What You Can Do With Your 4-Year-Old:

- Play pretend with your child. Let them be the leader and copy what they are doing.
- Suggest your child pretend play an upcoming event that might make them nervous, like going to pre school or staying overnight at a grandparent's house.
- Give your child simple choices (2 or 3) whenever you can. Let your child choose what to wear, play, or eat for a snack.
- During play dates, let your child solve their own problems with friends, but be nearby to help out if needed.
- Encourage your child to use words, share toys, and take turns playing games with friends.
- Give your child toys to build imagination, like dress-up clothes, kitchen sets, and blocks.
- Use good grammar when speaking to your child. Instead of "Mommy wants you to come here," say, "I want you to come here."
- Use words like "first," "second," and "finally" when talking about everyday activities. This will help your child learn about sequence of events.
- Take time to answer your child's "why" questions. If you don't know the answer, say "I don't know," or help your child find the answer in a book, on the Internet, or from another adult.
- When you read with your child, ask your child to tell you what happened in the story as you go.
- Use color words to describe pictures, and things at home.
- Count common items, like numbers of snack crackers stairs, or toy trains.
- Teach your child to play outdoor games like tag, follow the leader, and duck, duck, goose.
- Play your child's favorite music and dance with your child. Take turns copying each other's moves.