

# Help Your Baby Learn - 4 to 5 Years

## *Social-emotional Development*

- Allow your child to make short 'trips' on his own: visit a grandparent or a playmate; play on the playground while you observe from a distance.
- When she explores a new activity or tries something different tell her "You are being so adventurous." Try to avoid saying, "Be careful."
- Model saying "please" and "thank you" to your child. Give discreet reminders without embarrassing him in front of others.
- Model the manners she will be expected to use in school: using a napkin, passing food, chewing with her mouth closed, and asking to be excused from the table.

## *Language Development*

- Play 'direction' games. Give your child 3-4 directions to follow. Pat your tummy, stomp your feet, scratch your head, and then sit down. Then let him be the leader.
- Bring your child's attention to new words when you hear them. Discuss what they mean.
- Pronounce words clearly when speaking to your child, but don't insist that she work on getting a sound right.
- Spend time rhyming together. Help your child to make up a long list of rhyming words, include words that make no sense as well.

## *Motor Development*

- Offer to count how many times your child can bounce a ball. Write the number down and tape it to the refrigerator. See if he can beat his score.
- Play games like Simon Says or Follow the Leader. Take turns being the leader.
- Make homemade stencils out of cardboard or sandpaper. Show your child how to trace the inside edges of the stencil.
- Allow your child to use scissors when you are close by. Also, allow her to use other tools, such as a hole-punch, stapler, or a small shovel.

## *Intellectual Development*

- Place four items in front of your child. Three that are alike and one that is different. Try using a fork, spoon, knife, and a pencil.
- Help your child sort a collection into two groups. Then ask him to pick the group that has *more*, and you will use the group that has *less*.
- Use blocks or beads to show your child how to make a pattern. Name the colors and shapes as you set them in order: blue square, yellow square, blue square, yellow square.
- Play board games that you are required to count spaces in order to move ahead.