

# By 4 years...

## A child typically:

- ✓ Expresses strong emotions and opinions at times
- ✓ Feels guilty about his bad behavior
- ✓ Is beginning to control his frustration
- ✓ Likes everyone to do things the "right" way
- ✓ "Talks back" and challenges things you are teaching her
- ✓ Can ask for help
- ✓ Begins to understand danger and things that are dangerous
- ✓ Has an active imagination and may have imaginary friends
- ✓ Becomes more independent and likes to play with other children
- ✓ Compares things by saying phrases like, "Mine is better" or "You have a dog and I don't"
- ✓ Asks questions about her life and family after spending time with other families



## What kind of behavior should I be concerned about?

- Is not interested in games or other children
- Repeats behaviors like rocking, hand flapping, spinning, etc.
- Cannot focus on one activity for longer than three minutes
- Uses sexual behavior or language you can't get her to stop
- Tries to hurt other children, adults or animals
- Hits or bites others without any self-control when upset
- Still clings and cries when you leave
- Speaks very few words, loses speech or social skills

## Things to help your FOUR-YEAR-OLD with his or her social and emotional development:

- ✓ Have fun with your child!
- ✓ Read with your child at least once every day
- ✓ Recognize good behavior and reward with encouragement and praise - this makes her want to do it more often!
- ✓ Keep helping your child talk about his or her feelings
- ✓ Express feelings using activities like drawing a "mad" picture or dancing an angry dance
- ✓ Keep a daily routine and let your child know what's coming up next
- ✓ Make sure your child has a chance to play with other children and encourage taking turns
- ✓ Pay attention to your child when he or she is talking
- ✓ Let your child make daily choices like, "Do you want to brush your teeth or get your pajamas on first?"
- ✓ Help your child feel important by giving her jobs like setting the table, picking up or feeding pets
- ✓ Talk about how people are the same, how they are different, and that it's okay
- ✓ Cuddle, hug and praise your child for all the new things he or she can do