

HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 4-year-old—a great way to have fun together and support your child’s social-emotional development.

Your Choice

Encourage your child’s independence. Let them fix something to eat, such as a peanut butter and jelly sandwich. At bedtime, let them choose their clothes to wear the next day.

Materials Needed: None

Pretend Play

Have simple props such as old clothes, boxes, and folding chairs for playing store, fire station, or school.

Materials Needed: Old clothes, boxes, chairs, other common household items

House Rules

Your child is learning more about rules but will still need reminders. Talk about your family rules. Keep rules short and simple, and be consistent.

Materials Needed: None



NOTES: _____

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Read About Big Feelings

Find a children’s book at your library about anger. Talk to your child about how their body feels when they get angry. Then, discuss what your child can do when they’re angry.

Materials Needed: Library book

Keeping Routines

Try to have clear routines during the day. Let your child know what will happen next. Have a reading time and quiet time each day.

Materials Needed: None

Nursery Rhymes

Tell a favorite nursery rhyme or story. Talk about what is make-believe and what is real.

Materials Needed: None



Want to learn about developmental milestones for your 4-year-old?

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