

# Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Sort toys and clothes by color	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use three or four fingers to show you my age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put on my pants, shirt, socks and shoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pedal a tricycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throw with one hand better than the other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Help Me Grow

## EXPLORE AND DISCOVER TOGETHER:

- Help your child learn problem solving skills. When reading a book together before turning the page ask, "What do you think will happen next?"
- Blow bubbles together outside.

## PROMOTE INDEPENDENCY:

- Resist doing for your child what your child can do for him or herself.
- Don't redo what your child did. If your child set the table and everything is not in the exact right place, that is okay.
- Put your child in charge of a simple task such as feeding the dog every morning with you.

## SPEND TIME WITH YOUR CHILD:

- Showing your child how to sort toys by 'big' and 'little.'
- Read books about feelings together.
- Play match games together.

## SAFETY NOTE - SAFE IN THE CAR

- Keep your child in a forward-facing car seat with a harness until your child reaches the top height or weight limit allowed by your child's car seat's manufacturer.
- Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.
- Your child should use a booster seat until they are 4 feet, 9 inches tall.

## YOUR 42-48 MONTH OLD MAY:

- Love being silly and making up silly words and rhymes that have no meaning.
- Tend to be bossy.
- Have a vivid imagination and not be able to tell the difference between what is real and what isn't real.

## DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 48 month old child:

- Cannot jump up and down.
- Cannot scribble.
- Cannot distinguish "same" and "different."
- Cannot correctly use "me" and "you."
- Cannot follow 3-part directions.
- Cannot speak clearly.
- Refuses to use the toilet.
- Is not interested in make-believe play or games (with others.)

Resources: Centers for Disease Control and Prevention and the American Academy of Pediatrics: The Bright Futures Guidelines

## Do you still need a little boost?

### 4'9" OR TALLER

Children under 4'9" need to ride with a booster seat.

#### WHY:

Booster seats help ensure your child's seatbelt fits properly, in order to prevent injuries during a crash.

To keep your family riding safe in the car, stop by Sanford Children's Safety Center for a safety seat inspection today!

**MONDAY - FRIDAY**  
**10 A.M. - 3 P.M.**

1115 W. 41st St., Sioux Falls  
 (605) 312-8370





Watch me  
learn...  
to think.

At my age...  
it's about  
watching and  
asking questions.



## Learning to Play with Others

Learning how to play and get along with other children takes time. At this age, your child views a friend as anybody she spends time with and plays with. When children of this age play together they talk with each other as they play, but their play is not necessarily coordinated to accomplish a task together, such as building a castle or playing a game.

Although your child is likely to be less self-centered than she was a year ago, she likely still struggles with sharing during play. Sharing is something she has been practicing since she was two years old. She will gradually learn to voluntarily share as she nears her fifth birthday. In order to start sharing voluntarily, a child needs to be able to understand that a playmate wants a toy just as much as she does. This cognitive and emotional skill is just starting to develop. Over time, your child will become more generous because it will make her feel good to see another child happy. She

will realize that if she shares what she has with a friend, she's likely to get something back in exchange—a win-win situation.

Teaching your child how to take turns when playing is a great start to instilling good playtime habits. Preschoolers like things to be fair. Let your child know she can play with the doll for three minutes and then it will be Suzy's turn to play with the doll. Set a timer. When the timer goes off, it's time to switch toys. Another helpful playtime skill to help your child learn is to ask if she can play with a toy another child has as she offers up a toy in return.

**FOR MORE INFORMATION**, contact Sanford Parenting Services at **(605) 328-7155** or **[mutchwomenscenter@sanfordhealth.org](mailto:mutchwomenscenter@sanfordhealth.org)**.

[sanfordhealth.org](http://sanfordhealth.org) keyword: parenting

**SANFORD**  
HEALTH