

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Gallop like a horse while I learn to skip	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stand on one foot for 5 seconds or more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be able to kick a soccer ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be able to catch a basketball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cut with safety scissors on a line you draw for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Copy a square or circle if you draw it first	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Play search and find. Have your child pick out five things for you to hide. Have your child explore to find where you hid them. Next time, reverse roles.
- Ask your child questions while at the park such as “Where are the ants going?” or “Can you count the flowers?” or “Which leaf is the biggest?”
- Let your child tell you a story from the pictures in a book instead of you reading the words.

PROMOTE INDEPENDENCY:

- Let your child make his or her bed. Don't redo it to your adult standards.
- At bedtime, give your child two to three clothing choices. Let your child pick out what he or she will wear tomorrow.
- Help your child learn how to make a simple sandwich for him or herself.

SPEND TIME WITH YOUR CHILD:

- Look through a magazine for animals. Cut the pictures out and glue on a paper plate. Hang up the masterpiece.
- Go outside and kick a ball together.
- Read books about feelings together.

SAFETY NOTE – THE ADVENTURER:

- Your child can understand safety rules, but can easily forget them when playing. This includes safety rules such as don't cross the street alone or stay in our yard when you play outside.
- Remind your child of safety rules on a continual basis.

YOUR 4-5 YEAR OLD MAY:

- Start to compare him or herself with others.
- Start to understand the concept of time.
- Follow rules easier. Children of this age believe in following rules as rules provide structure and security in their lives.

DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 5 year old child:

- Is not able to be consoled when exhibiting extremely fearful or timid behavior
- Does not express a wide range of emotions.
- Does not correctly give her first and last name.
- Does not use plurals when speaking – “These are my socks” or “I need mittens” or “Look at the cows”

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

Well Child Exams and Vaccinations

Better HEALTH

Help your child be well and stay well all the way to graduation day and beyond. Wellness exams are recommended annually for children ages 5-18 and provide a comprehensive, head to toe evaluation and review of immunization status. Call your Sanford Children's Clinic today to schedule your appointment.



Watch me
learn...
balance and
coordination.

At my age...
it's about hopping,
skipping and
jumping.

Preschool Thinking

Your child is reaching an age in which his play will be dominated by fantasy and a vivid imagination. Children of this age struggle to distinguish between what is real and what isn't real. At times they think that what occurs in their heads is actually happening in the outside world. Figuring out the difference between real and pretend is one of the major tasks of childhood.

Your child also believes in magical happenings. He sees adults flip a switch and light fills the room or push a button to see and talk to people. Since your child cannot understand how these things happen, he thinks these occur because of the magical powers you have. At times he may act as if he has magical powers to make things happen too.

You can see your child act out his magical thinking as he uses his imagination in his play. This type of pretend play allows a child to be in complete control his world. He can make, fix and do anything. He can pretend that he is saving the day, lassoing cattle or cooking up a feast for the family. At this age, a large cardboard box can become a spaceship, a grocery store, a car or a house. This simple item can provide more hours of fun than any fancy electronic toy.

Help encourage your child to use his imagination as he plays. This will help develop the creative thinking skills he will need in school and later in life. Have a box filled with clothes, shoes, household utensils, boxes and other props handy to help start and keep the creative juices flowing.

Little by little, your child will figure out that his play flights of fantasy are not real. This process of distinguishing fantasy from reality will take time. After all, many eight-year-old children still believe in Santa Claus.

WANT TO LEARN MORE?

For learning activities you can do with your preschooler, call Mutch Women's Center for Health Enrichment at (605) 328-7155.

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