



Child Development

(4th Year of Life)

This tip sheet describes some accomplishments your child will likely experience from 3-4 years of age.

The information provided here is intended to be a guide.

Remember, however, each child has his or her own plan and pace for growing and learning; no two children are alike. Trust your own instincts and feelings as you watch your child grow. But remember, it's okay to ask questions; it may even affect your child's development.

From age 3-4, I will:



- stay longer with activities
- use 800-1,500 words
- begin to share and take turns
- be more independent in toileting, eating, and dressing
- easily pick up and place small objects
- seek attention and approval for actions
- begin to play cooperatively with others
- know and use opposites and descriptors
- ask many questions
- retell a familiar story; make up stories
- begin to count objects
- develop imagination; friendly and fearful

I need:

- safe places for active play
- preparation for what is happening next (trips, doctor's appointments, outings, visitors, etc) ["today we are..."]
- encouragement for good behaviors ("You really helped today!")
- time spent with family
- to play with other children
- for someone to read me stories and sing songs with me.
- quick, simple answers to my questions
- to play with different materials (sand, salt, fingerpaint, water)
- encouragement to develop self-help skills (shoes on right foot, brush teeth, etc.)

Seek professional assistance if I:

- am very clumsy, seem to fall a lot, or lose my balance often
- don't talk to and play with others
- don't enjoy movement

Remember:

- I may be better at climbing and jumping, or drawing and singing.
- We develop individual preferences but should have a variety of experiences.

A project of The Florida Partnership for Parent Involvement

Center of Excellence ♦ Louis de la Parte Florida Mental Health Institute ♦ Florida's Children's Forum
Home Instruction Program for Preschool Youngsters ♦ Hillsborough County Head Start ♦ Hillsborough County Even Start

Activity Idea

Kitchen Cut-Ups

What you'll need:

Knife

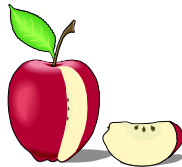
for Applewiches: 1 apple, cheese slices

for fruit popsicles: fruit juice, an ice cube tray or small paper cups, yogurt, mashed/crushed fruit, popsicle sticks

for bumps on a log: celery, peanut butter, raisins

What to do:

1. Choose a safe spot to cook; where you don't have to worry about making a mess.
2. Tell your child what the ingredients are. Talk about what you're doing as you go along. Ask and answer questions.
3. Let him smell, taste, and touch as you go. Let him (with your help) pour, stir, measure, and help clean up.



Applewiches

Core an apple. Cut the apple crosswise into thick slices. Put cheese slices between the slices. Cheddar cheese is particularly good. Eat like a sandwich.

Fruit Popsicles

Pour the fruit juice into small paper cups or an ice cube tray. Place a Popsicle stick in each cup or compartment before the juice is completely frozen. Return to the freezer until frozen solid. For variations, mix yogurt with the juice before freezing for a creamier Popsicle, or add mashed or crushed fruit such as strawberries, pineapple, or banana.

Bumps on a log

Spread peanut butter on the celery stalks. Decorate with raisins. Great snacks!

Cooking helps children learn new words, measuring and number skills, what foods are healthy and what one aren't, and the importance of completing what they begin. It also teaches about how things change, and it can teach children to reason better. ("If I want a cold fruit juice Popsicle, then I'll have to put it in the freezer.")

For more information contact....



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPI (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

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