

# Your 4 Year Old

*Your child is growing up! Four year olds like to play with other children. They like to talk about all different things and make up stories and songs. Your child is learning how to develop their own ideas and may test limits. All the questions they ask actually help them learn and get ready for school.*

**Here are some questions to help us learn more about your child's development.  
Please check off the things you KNOW your child is doing.  
Does your four year old....**

- Name at least three things they like to eat?
- Speak in a full sentence like: "I want to play with the ball."?
- Follow more than one direction like: "go to the door, pick up your toy and come back to the table."?
- Catch a ball with two hands?
- Run, climb and jump with ease?
- Pour water into a cup with a pitcher?
- Put on and take off their clothes?
- Draw pictures of people with at least three body parts?
- Name the colors of five things in your home?
- Pretend to be someone else when playing?
- Count at least ten objects?

***Remember that  
this is not a TEST  
and that all  
children develop  
and learn  
at different  
rates and times.***

**Do you have any questions about your child's development?**

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# Ideas to help your 4 year old learn and grow...

## Play

- Make sure your child has opportunities to play with other children. This helps them learn to get along with others which is important before going to school.
- Let your child try to figure out how to solve simple problems -give them help when they ask.
- Help your child's body grow and develop by making sure they have time to run, jump, and be outdoors.

## Talk and Read

- Share a book with your child every day!
- Help your child get ready to read by sharing books, singing songs and making up stories together.
- Include your child in the things you do each day such as: making the grocery list or doing household chores.
- Have patience when answering your child's MANY questions. This helps them understand more about the world as well as increases their communication skills.

## Provide a Safe and Secure Environment

- Feed your child healthy meals at breakfast, lunch and dinner.
- Make sure they get plenty of sleep every night.
- Develop routines for your child such as story time before bed, snack time after a nap, etc.
- Help your child learn how to take care of themselves (brushing teeth, getting dressed, bathrooming)
- Talk to your child about safety rules such as crossing the street in the crosswalk, not talking to strangers, etc.

## Getting Ready for Kindergarten

*In April of the year your child will start school:*

- Make a doctor's appointment after March 31 of the year your child will start school.
- Get all immunizations up to date.
- Visit your neighborhood school to register for Kindergarten before school closes for summer.

*Before Kindergarten begins:*

- Visit the school with your child and practice walking or driving to school.
- Talk positively about school, teachers and new friends.
- Practice questions with your child such as "Where is the bathroom?", " or "Can I have more snack, please?"
- Give your child practice separating from you by having playtime with friends or family, participating in playgroups etc.

## Resources:

For information on resources to help you with finding playgroups, childcare or support around behavioral issues and other parenting concerns call:

- **Bananas** (for Northern Alameda County)
- **4 C's** (for Southern Alameda County)
- **Childcare Links** (for Tri Valley area)
- **Parental Stress**

- **Alameda County Public Health Clearinghouse**

658-7353  
582-2189  
925-417-8733  
N County, 893-9230  
Hayward, 562-0148  
Fremont, 790-3803  
1-888-604-4636

If your child has a disability and you need support call:

**Family Resource Network**  
510-547-7322

**Every Child Counts**  
1100 San Leandro Blvd. Suite 120  
San Leandro, California 94577  
(510) 875-2400



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