

Adapted from The Washington Guide to Promoting Development in the Young Child, 49-60 Months

Expected Tasks in This Age-Range

Suggested Activities

Motor Skills:

Balances well
Skips & jumps
Can heel-toe walk
Can draw a square
Catches a bounced ball

Provide music & games to encourage tapping with music, skipping, hopping, and dancing rhythmically to improve coordination

Feeding:

Feeds self well
Social & talkative during meals

Include child in conversation at mealtimes. Encourage him to tell about events, situations, or what he did during the day

Sleep:

Daily range: 9-13 hours
Naps: rare
Quieter during sleep

Encourage napping if excessive or strenuous activity occurs & child is overly tired

Play:

Enjoys dramatic or theatrical play. Has interest in going to museums, parks, zoo, etc.
Enjoys cutting, pasting, working with different creative materials
Completes most activities

Painting & drawing (objects will be out of proportion; details that are most important to child are often drawn largest)
Encourage printing of numbers & letters
Encourage use of clay for making recognizable objects
Encourage cutting & pasting
Provide with materials such as boxes, chairs, tables, for building play houses or other structures

Language:

Can correctly point to a penny, nickel, or dime
Carries out in correct order a three-part command ('Pick up the block, put it on the table, & bring the book to me.')

Names penny, nickel, or dime on request
Replies appropriately to questions
Counts three objects, pointing to one at a time
Defines simple words such as hat or ball
Asks questions
Can identify four colors

Play games in which child names colors
Encourage use of 'please' and 'thank you'
Encourage socializing & talking with other children
Encourage correct use of words
Provide puppets or toys with movable parts for pretend play
Provide group activities for your child
Allow child to make choices about games, stories, and activities
Have child act out simple stories
Provide child with a piggy bank. Teach names of coins as they are dropped into the bank

Toilet Training:

Can usually use the bathroom by himself. Undresses, uses toilet, wipes, washes hands by himself

Praise child for using bathroom by himself

Dressing:

Dresses & undresses except for tying shoes & buckling belt
Learns to tie shoes age 4-6 years
Combs hair with help

Instruct child to put dirty clothes in the hamper
Use simple clothing like t-shirts & sweatpants without buttons or ties
Encourage her to dress and undress by herself
Allow child to pick out some of his own clothes

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Discipline:

Can be given 2 or 3 assignments at one time; will carry them out in order

Can obey simple, understandable rules & restrictions

Understands reasoning

Give more opportunities to be independent

Use simple explanations & reasoning

Ask your child to tell you the rule he has broken when he disobeys

Have your child correct her mistakes as they occur

Do not use punishment without warnings

Praise for being successful at completing an activity or assignment

Use stars or stickers for rewards if needed to reinforce good behavior

Avoid making promises that cannot be kept

Avoid bribing, making fun of other people, shaming, teasing, inflicting pain, or using unfavorable comparisons with other children. Set a good example with your own behavior

If there will be a major change from normal routine (eg. vacation, parents leaving home for night out or extended time), let your child know in advance

Recognize that there are stressful periods in your family or your child's life that may result in changes in behavior. Examples include: accidents, illness, moving to a new neighborhood, separation from friends, death, divorce, hospitalization. At these times, be more patient with your child's

behavior,

give more time to learn new rules, show more approval of good work, and be consistent in handling problems