



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Social & Emotional Development of the Pre-School Child

3 Year Old

Begins to involve others in Play

Expects support, safety & protection from others

Expresses many feelings

Listens and responds to what others say

Expresses needs in short sentences

Can wait for a short time

Begins to more easily share, take turns & cooperate

Uses names for people

Begins to notice other people's feelings



4 Year Old

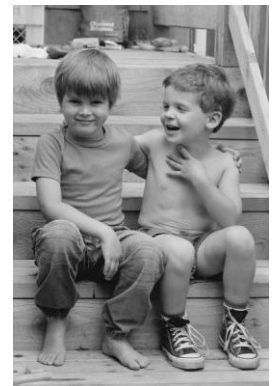
Shows curiosity about people and things

Shows affection toward familiar people

Uses words to express pleasure in relationships

Behavior shows awareness and respect for the feelings of others

Makes up imaginary games & enjoys imaginary play with others



5 Year Old

Shows a range of feelings & shares worries with trusted adults

Accepts limits & manages negative feelings (most of the time)

Shows affection for others

Uses many words to talk about the day

Asks many questions: who, what, where, why, how?

Sings many songs; Enjoys many books





What Parents Can Do To Help

Recognize yourself as "The Most Important Teacher" in your child's life. You are the one he looks up to, imitates and wants to be just like! You are your child's "number 1" Role-model! Even when he spends many hours a day with another care giver, it is you he connects to best.

Times spent "together" with your child is even time while you are doing other tasks.

Some examples:

<u>Task</u>	<u>Ways to Help</u>
Cooking	Help measure; hand you safe items; stir with a spoon;
Cleaning	Pick up toys; dust with a cloth or feather duster; "help" move a chair; vacuum
Shopping	Look for items; talk about colors, sizes, shapes
Riding in car	Sing songs; find colors or letters on signs; count cars

Include your child, verbally, with a smile or just by singing to him or with him.

A good change from unwanted behavior is to sit down and read a short story. The few minutes it takes, is less time then you might spend hollering, threatening or giving negative messages. This is called diversion, and works well with young children.

Make time to praise them when they are being good. Children like praise and recognize it as love! They will repeat behaviors that get praise. As they grow older, they will model that same behavior with their friends.

Help your child to include others in play. That is how they learn to share and be aware of the feeling of others. Be patient, all of this takes time, and develops slowly. Don't expect more than they are able to do for their age!

Establish daily routines. Children are creatures of habit and feel safer when they know what to expect next. Support your child's growing independence by letting him make choices when either outcome is OK with you.

LOVE YOUR CHILD AND TELL HIM OR HER SO, OFTEN

For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801



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