



Let's Play Together

A Guide for Parents of 4-Year Olds



Introduction

Did you know that play is the way your child learns? This means it's easy to help your child learn about their world—just play together!

This booklet looks at 5 big areas in which your child learns and develops:

- physical health and well-being
- emotional development
- communication skills and general knowledge
- social development
- language and thinking skills

For each area, this booklet suggests tips for healthy development and ways to help your child learn through play. You will also see books you can read together that match each of the areas.

Every child learns at their own pace. Try a variety of the activities to see what your child is ready to learn today.

Your child will learn best when you are having fun together.

Enjoy!



Tips to Keep Me Active and Healthy

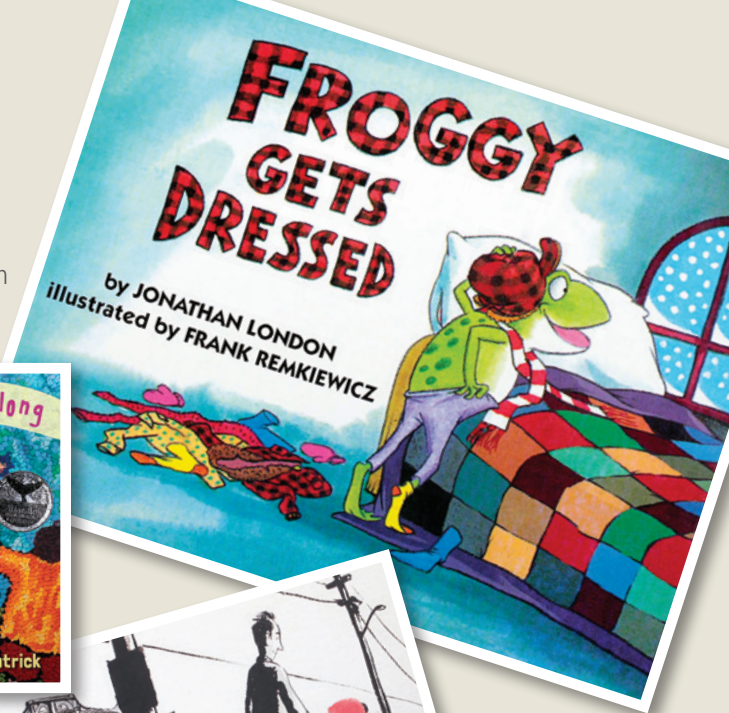
- Run, jump, climb and dance with me—indoors and outdoors.
- Create a bedtime routine for me. I need at least 10 hours of sleep each night.
- Draw with me using a variety of tools—pencils, crayons, markers, and chalk.
- Let me practice taking care of myself—dressing, hand washing, brushing my teeth.
- Take walks with me. Give me time to explore the places and things that interest me most.



Froggy Gets Dressed –
Author, Jonathan London

Singily Skipping Along –
Author, Sheree Fitch

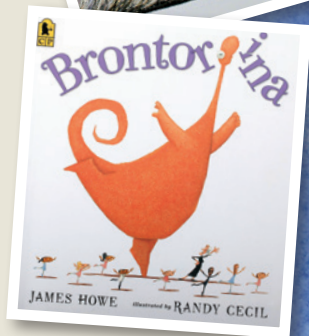
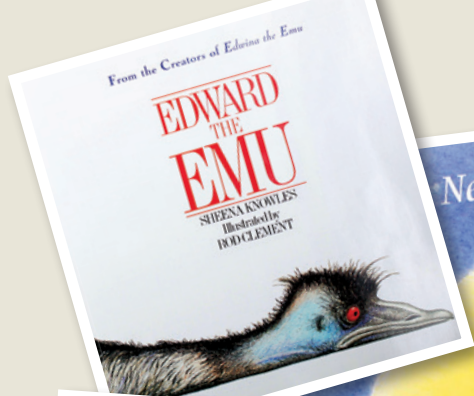
Sidewalk Flowers –
Author, John Arno Lawson



Tips to Help Me With My Feelings

- Help me to find the words to explain my feelings and solve problems.
- Encourage me to ask other children to play.
- Let me tell you how I feel when I am upset.
- Tell me stories about your childhood and our family.
- Show me positive ways to cope with things that are disappointing or that make me angry. I learn a lot from watching you.

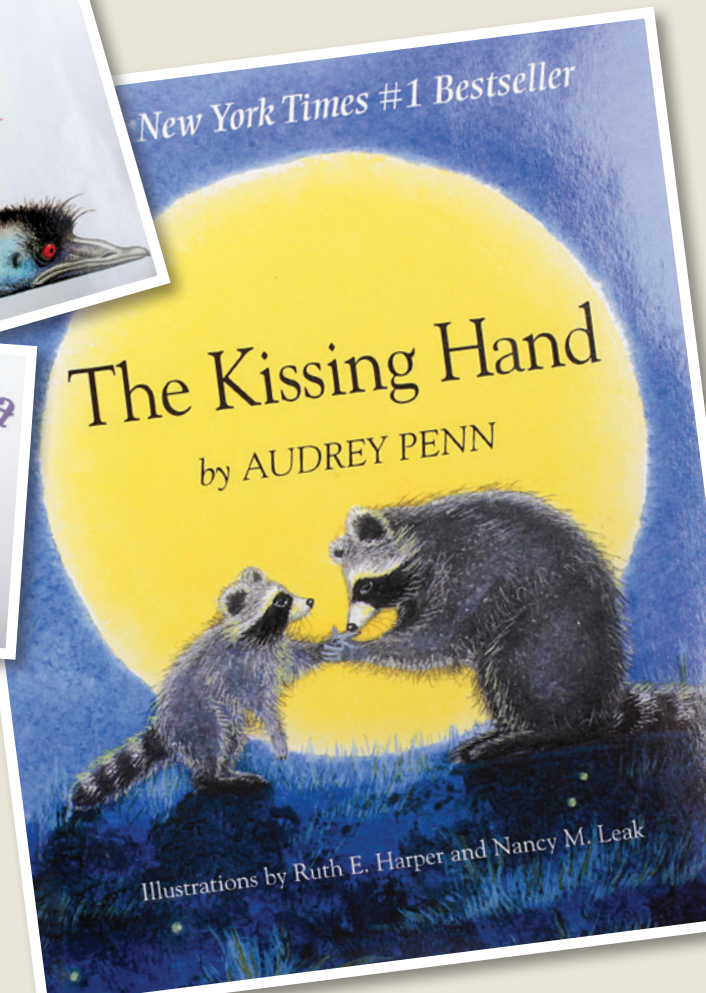




Edward the Emu –
Author, Sheena Knowles

Brontorina –
Author, James Howe

The Kissing Hand –
Author, Audrey Penn



Tips to Help Me Communicate

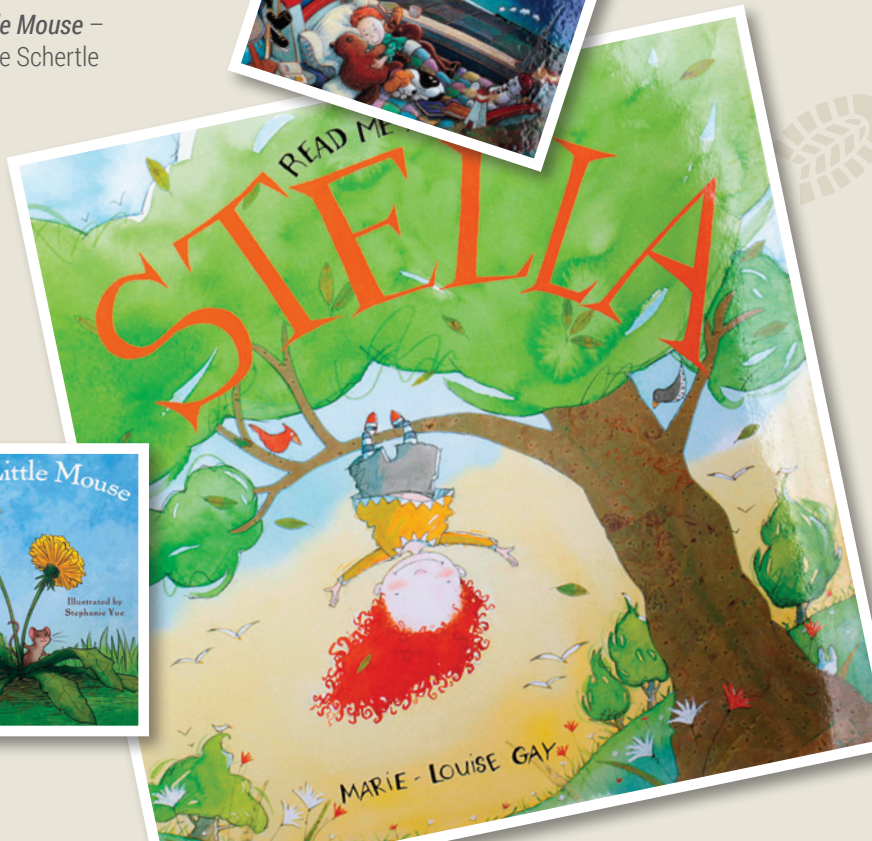
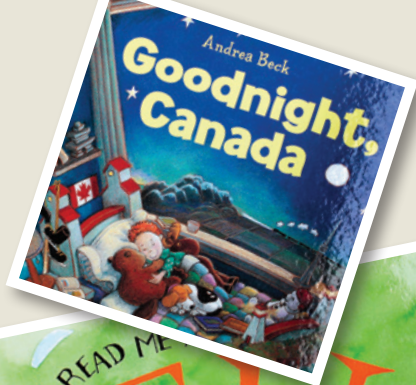
- Talk with me about the pictures and ideas in the books we read together.
- Listen to me when I talk to you—even when I ask lots of questions.
- Ask me about the best part of my day—and give me time to answer.
- Help me learn to use my imagination and play pretend games like house, dress-up, school.
- Help me read the signs we see in our neighbourhood—STOP, Walk, Main Street, Corner Store.



Goodnight, Canada –
Author, Andrea Beck

Read Me a Story, Stella –
Author, Marie-Louise Gay

Such a Little Mouse –
Author, Alice Schertle



Tips to Help Me Play With Others

- Invite another family to do something together.
- Offer me a few choices in the things we do and the clothes I wear. This helps me practice making decisions.
- Talk to me about what we are doing and what will happen next.
- Ask me to do simple tasks at home like setting the table and helping to prepare family meals.
- Eat a meal together as a family today.





YOU ARE HELPFUL

WRITTEN BY TODD SNOW
ILLUSTRATED BY MELODIE STRONG



Chicken,
Pig,
Cow

Ruth Ohi

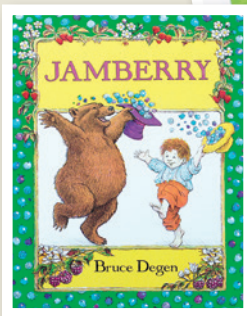
You are Helpful –
Author, Todd Snow

Chicken, Pig, Cow –
Author, Ruth Ohi

Tips to Help Me Understand My World

- Read with me every day in my first language.
- Count with me. Talk about shapes and colours with me.
- Take me out to a library or other interesting places in our community.
- Sing and make up songs with me.
- Let me sort and match things—socks, spoons, shells, rocks.

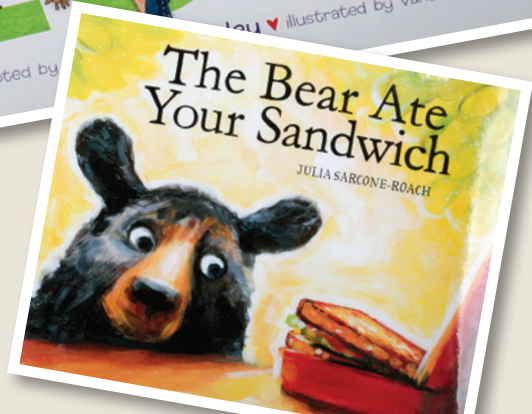




One Love
(Based on the
song by Bob Marley) –
Author, Cedella Marley

Jamberry –
Author, Bruce Degen


The Bear Ate Your Sandwich –
Author, Julia Sarcone-Roach



If you try some of these ideas each day, your child will build the skills to help them learn and develop.

*But more importantly, **you will have fun together!***



The background features a series of diagonal stripes in various shades of green and yellow. Overlaid on these stripes are several boot prints, some in a lighter green and some in a yellowish-green, creating a sense of movement and progress.

The 5 areas in this booklet are based on the Early Development Instrument (EDI). For more information on the EDI and other resources to help families during the early years, visit

ednet.ns.ca/earlyyears/




NOVA SCOTIA