



Comfort Play & Teach



Ages and Stages – 48-60 Months

The Busy World of Your Preschooler: An Overview of Your Preschooler's Development

Your preschooler is a pretty capable person by now. Four-year olds are more even-tempered and cooperative with parents though they still stand up for what they want. A four-year old is full of energy and loves testing her body with climbing, jumping, skipping and even pedalling a tricycle. She can now focus for longer periods on activities like cutting and pasting, drawing and creating interesting projects. Her imagination is developing with make-believe play and she enjoys playing out situations that are familiar in her life.

By the fifth year, your child is embracing life fully. She is learning to cope with frustration and to understand rules. With the emergence of a conscience, she adopts rules, accepting them as her own. She is much better at taking turns and playing cooperatively, as well as planning and problem solving with others. Now your child can speak almost like an adult, using correct grammar 90% of the time. She uses language to describe objects, events and sort out the past, present and future. By the end of the year, your five-year old knows “left” from “right”, can identify colours, shapes and sizes and can copy patterns and sequences. She is ready to conquer new worlds – *like school!*

Your Preschooler between 48 to 60 Months

The fifth year of your child's life signals the end of early childhood. As she prepares to enter a new world of school and friends, she will begin to:

- Start running, then stop and change direction smoothly.
- Draw a person with head, arms, legs and trunk.
- Begin to grasp the concept of sharing.
- Use pretend play to gain control of frustrating and frightening experiences.
- Tell long stories about her own experiences.

Knowing your child's **typical skills** and her **emerging skills** can help you provide appropriate experiences to enhance her development. And **Comfort, Play & Teach™** is just the place to start.

Remember, the developmental milestones we have outlined are only guidelines. Each child develops at their own pace, with some skills emerging early, and others appearing later. So delight in who your child is, and discover how you can have fun as you go through each stage of this amazing growth together.

If you have any concerns about your child's development, consult your child's physician.



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Ages & Stages:

Six Areas of Child Development

1. Social Development means being able to make friends and get along with others, work as part of a team and be a good leader. These skills are all built on self-confidence, cooperation and trust.
2. Emotional Development means the development of a full range of emotions from sad to happy to angry, and learning to deal with them appropriately. This helps build self-esteem and leads to such deeper qualities as sympathy, caring, resiliency, assertiveness and empathy and the ability to rise to life's challenges.
3. Language Development is the ability to understand and express verbal and non-verbal communication. This is followed by the capacity to use words and sentences in correct grammatical structure in order to communicate wishes, ideas, information and needs.
4. Intellectual Development means being able to think creatively and abstractly, to pay attention, solve problems and develop keen judgement along with a lifelong readiness to learn.
5. Gross Motor Development allows a child to gain balance and bring large muscles under control in order to master physical activities such as sitting, crawling, walking, running, climbing, jumping and generally enjoy all that his body allows him to do.
6. Fine Motor Development means mastering precise and accurate small muscle movements of the fingers and hands in order to reach, grasp and manipulate small objects.



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SOCIAL SKILLS - 48-60 Months

Typical Skills

- Plays games with simple rules
- Shows attachment to one playmate
- Shows interest in gender differences, and may undress with other children
- Enjoys dramatic play with other children
- Begins to grasp the concept of sharing

Emerging Skills

- Explains rules of a game/activity to others
- Plays cooperatively in a group of 2-3 children
- Apologizes for actions he didn't mean to do
- Shows an understanding of right and wrong
- Listens while others are speaking



Comfort

If you...



Your child will...

- Provide opportunities for your child to create her own stories, either by drawing them or by telling them to others
- Tell her how proud you are of her abilities whenever you catch her doing something well

- Start to create her own stories
- Feel proud of what's she's done, and have a strong sense of her strengths and abilities



Play

If you...



Your child will...

- Encourage more sophisticated pretend play by providing props, e.g., restaurant, grocery store, doctor's visit
- Provide many opportunities for social interactions with other preschoolers

- Engage more in problem solving, making decisions and conversation
- Strengthen social skills while playing with peers



Teach

If you...



Your child will...

- Encourage your child not to give up on games or tasks when he plays with others
- Create the opportunity for your child to play with younger children

- Learn to persist at a task, especially when others are counting on him
- Feel a sense of leadership



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EMOTIONAL SKILLS - 48-60 Months

Typical Skills

- Uses pretend play to gain control of frustrating and frightening experiences
- Experiences positive self-esteem, feels good about himself and takes pride in his accomplishments
- Complies with requests from parents more often
- Concentrates and works alone for up to 20 - 30 minutes
- Keeps going on a difficult task for longer periods

Emerging Skills

- Shows a desire to fit into home routines
- Shows ability to reflect on himself and his actions e.g., "What I said wasn't nice"
- Experiences and understands positive and negative feelings about another person
- Is able to distinguish fantasy from reality
- Starts to show more interest in taking care of himself alone, e.g. cleaning room, bathroom needs, bathing



Comfort

If you...



Your child will...

- | | |
|--|---|
| <ul style="list-style-type: none"> • Monitor and put a name to things that may cause your child's experiences to be negative • Give your child the chance to develop his strengths and talents | <ul style="list-style-type: none"> • Experience lower stress levels and feel your parental support • Learn to feel capable in different areas, e.g., sports, music, drawing |
|--|---|



Play

If you...



Your child will...

- | | |
|---|--|
| <ul style="list-style-type: none"> • Provide crayons, paper and markers and encourage your child to draw and talk about her pictures and events • Create a stage where your child can act out situations and emotions by herself or using puppets | <ul style="list-style-type: none"> • Use her creativity to express emotions and talk about feelings in relation to events • Identify and talk about feelings in an imaginative way |
|---|--|



Teach

If you...



Your child will...

- | | |
|---|---|
| <ul style="list-style-type: none"> • Show and coach your child on how to handle emotions and feelings • Support your child when he wants to try new things or take risks in social situations | <ul style="list-style-type: none"> • Learn how to express anger and frustration safely • Learn that wanting to try out new things is ok and can bring success |
|---|---|



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LANGUAGE SKILLS – 48-60 Months

Typical Skills

- Plays with words in silly rhymes
- Loves to recite and chant jingles and rhymes
- Talks about imaginary situations
- Uses new and unfamiliar words
- Tells long stories about own past experiences
- Uses an average vocabulary of 1500 words

Emerging Skills

- Asks “how”, “why” questions and listens closely to explanations
- Uses ‘yesterday’ and ‘tomorrow’ correctly, incorporating past, present and future tenses of verbs
- Says most speech sounds accurately but may have difficulty with some sounds e.g. “th” and “s”
- Shows interest in written words and letters, e.g., reads own name and some words



Comfort

If you...



Your child will...

- Encourage your child to talk by asking open-ended questions, e.g., “How come...?” or “Why do you think...?”
- Enjoy special shared time while using his imagination and building his vocabulary and comprehension skills



Play

If you...



Your child will...

- Give your child simple problems to solve, e.g., “how many different ways can you make a sound with your body (fingers, feet, mouth, etc.)”
- Learn to identify things that are the same and different



Teach

If you...



Your child will...

- Point out words that he sees around him every day, e.g., Stop sign, labels on milk or cereal boxes, “Keep dogs on leash”
- Begin to understand how writing can represent her thoughts and ideas



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INTELLECTUAL SKILLS – 48-60 Months

Typical Skills

- Understands how to sort and classify objects by characteristics
- Enjoys games that require matching items
- Recognizes and identifies bigger, biggest, smaller and smallest
- Identifies and names different colours
- Replicates patterns, sequences and order
- Understands the order of numbers

Emerging Skills

- Understands concepts of texture, weight, position and space
- Understands different forms of measurement for weight, height and length
- Plans and builds with simple tools



Comfort

If you...



Your child will...

- Tell your child stories without pictures
- Practice reasoning skills as he thinks about the relationship between cause and effect



Play

If you...



Your child will...

- Create a matching card game based on your child's interests, e.g., vehicles, dinosaurs, etc
- Use his creativity to think things out and stretch his imagination



Teach

If you...



Your child will...

- Use household objects/food to do simple addition and subtraction, e.g., "If you have 3 apples and eat one, how many are left?"
- Begin to understand concepts of "more" and "less" and explore basic math



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Ages and Stages – 48-60 Months

FINE MOTOR SKILLS – 48-60 Months

Typical Skills

- Draws person with features including head, arms, legs and trunk
- Cuts and pastes using art materials
- Paints with a large brush on large paper
- Manipulates clay, playdough
- Draws lines, simple shapes and a few letters
- Dresses and undresses with little help

Emerging Skills

- Carries a cup without spilling what's in it
- Cuts on a line or cuts out simple shapes along an outline with scissors
- Strings small beads to make a necklace
- Prints recognizable numbers, letters and words, including her own name



Comfort

If you...



Your child will...

- Give your child sensory materials to play with like sand or water along with different sized containers, sieves and utensils
- Make play dough for your child, scented with spices (vanilla, mint) and food colouring

- Enjoy the pleasurable feelings of the materials while learning about volume
- Learn about the sense of smell and how colours are made while manipulating the dough to make shapes



Play

If you...



Your child will...

- Make pencils, crayons and chalk available often
- Offer a variety of arts and crafts materials for your child to make anything she wishes, e.g., boxes, glue, ribbons, tubes, yarn, scissors, tape, etc.

- Get used to colouring, drawing pictures or exploring letters and numbers
- Use her imagination and fine motor skills to make her own creations



Teach

If you...



Your child will...

- Use peg boards, connecting blocks and other building materials to explore different patterns, shapes and sequences
- Give your child different magazines and safe scissors to cut out his favourite pictures for making a collage
- Provide your child with small building blocks or drawing materials that use small motor skills

- Physically create patterns and shapes and learn to label and identify them
- Enhance decision-making and categorize pictures as people, animals, food, vehicles while improving her cutting skills
- Understand that his hands can represent thoughts and ideas through constructing and drawing



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Ages and Stages – 48-60 Months

GROSS MOTOR – 48-60 Months

Typical Skills

- Rides a tricycle without bumping into things
- Bounces, throws and catches a large ball
- Starts, stops and changes direction smoothly when running
- Climbs playground equipment without any difficulty
- Jumps forwards and backwards for short distances

Emerging Skills

- Walks up and down stairs, alternating feet without support
- Jumps down from half metre high
- Skips for a distance
- Kicks a soccer ball
- Hops on one foot



Comfort

If you...

- Support your child's exploration and curiosity about her physical environment
- Supervise play and safety, i.e., helmets for bike riding, care when throwing balls to others, etc.



Your child will...

- Use her motor skills to discover new concepts of physical characteristics of things
- Enjoy mastering skills without worry of injury



Play

If you...

- Take your child on a "bike hike" around the park or neighbourhood
- Arrange for playmates to come over to play outdoor games, e.g., hide and seek, tag



Your child will...

- Enjoy exploring his area and learning about places and people
- Practice motor coordination skills while learning games with rules



Teach

If you...

- Teach safety rules for walking or riding on streets, e.g., always stop at the curb before crossing the street; never ride on the road, etc.
- Teach your child that when playing certain games, someone wins and someone loses; help your child understand how to win and lose graciously



Your child will...

- Slowly learn how to manage safety; full mental capacity for these rules is absent before age 10
- Learn how to cope with disappointments as well as successes