
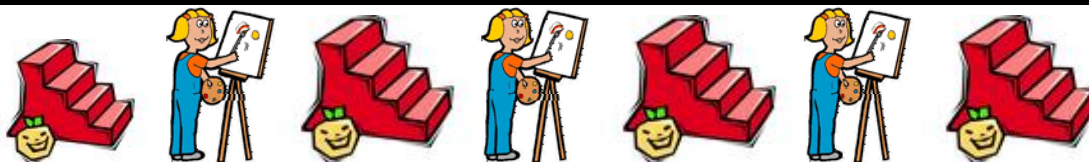


Four Years

This brochure looks at the 'normal' developmental milestones of your child & ways to promote their development through play. Remember all children are different and develop at varying paces. Consult your child health nurse if you have concerns.

Development	
Physically (motor)...	Intellectually (cognitive)...
<ul style="list-style-type: none"> ◆ Becoming more independent (i.e. can almost dress and undress self, toilet trained, washes & dries hands) ◆ Can climb a ladder, trees, etc ◆ Can easily walk up and down stairs ◆ Developing fine motor skills (e.g. able to draw & paint) ◆ Eats with fork & spoon 	<ul style="list-style-type: none"> ◆ Likes to be kept busy ◆ Understands turn taking and accepts the need for rules ◆ Loves exploring and may wander off ◆ Understands the time <div style="text-align: center;">  </div>
Socially & emotionally...	Creatively (communication)...
<ul style="list-style-type: none"> ◆ Able to share most of the time ◆ Lively and animated ◆ Likes playing with children of same age 	<ul style="list-style-type: none"> ◆ Can give name, age & address ◆ Good at conversation ◆ Asks lots of questions to try to understand their world
Common 'normal' problems	
<ul style="list-style-type: none"> ◆ Noisy & assertive ◆ Makes up stories ◆ Like to show off and may use swear words 	



Importance of play




Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

For more information contact the Women's Health Services (08) 9 227 8 122 or info@whs.org.au

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

Activity	Materials you need	What to do and how to do it
STRING PAINTING	String, paint, paper. 	Set up a 'messy play' area where your child can use paint. Lay out a sheet of paper, dip the string in some paint, and put it on the paper to create patterns. It may be convenient to include finger-painting in this activity!
DRAWING	Paper, different drawing tools (pencils, textas, and crayons). 	Encourage your child to draw things that are meaningful to them, and ask them to explain their pictures and stories to you. Or, just let them draw what they please for fun.
WASHING the CLOTHES	Clothes, pegs, washing basket.	Your child is at the age where housework can be considered a game – your child can hand you a peg when you're hanging out clothes on the line, or help you to sort the washing into dark and light colours.
GARDENING	Safe gardening tools. 	Gardening can be fun for children! Ask them to gather leaves into a pile, to help with the weeding, or to water plants. This helps to give them some responsibility for the garden, too.
BUTTERFLY PAINTING	Paper, different coloured paints.	Make butterflies by folding the piece of paper in half, putting paint onto one side, and folding the paper in and out. Your child can make different patterned butterflies with different colours.
DRESS-UPS	Hats, shoes, gloves, raincoats, aprons, scarves.	Have a dress-up box with items your child can pick up whenever they feel like being imaginative! This form of play helps them understand different roles.

