## Help Build Emotional Health

- Practice labeling feelings.
  - Help the child name their feelings and talk openly about all feelings.
- Show them you understand their feelings.
  - Talk to them during tough times. Saying things like “I can see you are feeling angry because the tower fell over.”
- Use movement.
  - Sometimes getting up and moving around can help a child feel better.
- Focus on good behavior, not punishment.
  - Help guide the child to good behavior in tough times, instead of punishing them when they make a bad choice.



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## Still Have Questions?

Contact STARS Therapy at:
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# Carsone KIDS

**Guide to Child Development**



Years 4-6

# Years 4-6

It's important that your child grows in their own time, but what can you expect to see, and what can be a warning sign?

### 4-5 Years

- **Pretend play, dress up, a lot of play-pretend**
- **Simple chores; throwing food away, feeding pets.**
- **Asking questions like "who" and "what" often.**
- **Counting to 10 or higher**
- **speaking in sentences with 5-9 words or mre.**
- **Hopping on one foot and walking up and down stairs by themselves.**

### 5-6 Years

- **Speaks in full, complete sentences**
- **Grasps basic times such as yesterday or tomorrow.**
- **Understand sight words.**
- **Can count past 10.**
- **Asks "why" or "how" often.**
- **Skips, hops, and catches balls.**
- **Working on tying shoes, zipping zippers, and writing their first name.**

### Helping Your Child Grow

**Here are some things you can do to help your child learn and grow**

### Activities 4-5

- **Acting out feelings using facial expressions**
- **Playing "Red light Green light" to work on moving when told, following directions, and controling feelings.**
- **Playing simple board games to work on taking turns, winning, and losing**
- **Practice matching socks.**

### Activities 5-6

- **Play at the playground to build strength and understand how their body moves.**
- **Solve 24+ piece puzzles.**
- **Sourt clothes by colors.**
- **Count and place forks and plates for meals.**
- **Play "Freeze Dance" to practice moving when told and work on listening.**

## Warning Signs

Abnormal things a child can do that can be a warning sign are not making eye-contact, repeating sounds or making the same motions over and over, not speaking or trying to speak, not answering to their name, or getting overly upset after touching, tasting, or hearing something they do not like.

## What do I do?

If you notice your child may have delays, speak with your child's doctor.

