

4 Year Visit



Steps

Big tasks can be easier if they are broken into pieces with clear instructions about what to do. For example, you can say “please put on your shoes” and then “please get on your jacket” instead of saying “get dressed.” This will help your child learn how to problem solve in the future.

Change

Use mistakes as an opportunity to learn new things. Mistakes can be upsetting, but avoid yelling or getting upset as mistakes an important part of learning new solutions and gaining new skills. Help your child think of mistakes as a time to try a new strategy, not give up.

Involve

Involve your child in thinking of solutions to problems they face. Ask them for suggestions on how to handle a fight with a sibling, how to make a friend feel better or how to fix a broken toy. Involving kids in finding solutions helps make better problem solvers in the future!

Read

When you’re reading together, ask your child questions about how characters in the book think and feel. Talk about “what might happen next” and ask your child “if that was you, what would you do?” Connecting books to real life experiences helps your child expand their world and understand others.

Measure

Measure and compare things everywhere! Use words like bigger, smaller, taller, wider, more and less.

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Size Search

Invite your child to hunt for objects of different sizes. How many small things can they find? What about big things? Make it harder and ask them to find things that are medium-sized or huge. Talk about what they see and what is the same and different.

Suggested Age

2½ years - 5 years

Vroom is not a diagnostic tool. For more info ask your child's doctor.

Brainy Background™



When you and your child take turns and talk about ideas like big and small and same and different, you’re helping to develop their vocabulary. They’re also beginning to understand math and science ideas that are important now and in the future.

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