

# LET'S READ AT 4 YEARS!

**This is what it looks like when we read:**

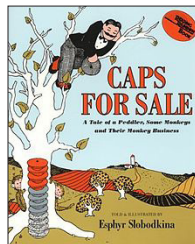
- I can count, recognize letters, and even try writing my name! Ask me to show you!
- Books about what interests me in real life are best. Do I like horses, bugs, or trucks?
- I have fun solving puzzles and answering questions about what we're reading.

**I learn from books when you:**

- Point out letters and their sounds as we read.
- Increase my vocabulary by teaching me the names of everything we see.
- Ask me questions about the story as we read and encourage my independent thinking.

**Let's read these books together, too!**

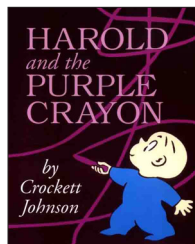
I love to laugh at a good funny story! Books that help me practice my ABCs and counting skills are great for getting me ready for kindergarten.



## **Caps for Sale**

by Esphyr Slobodkina

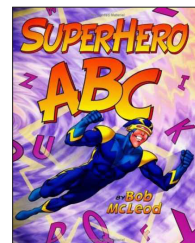
A band of mischievous monkeys steals every one of a napping peddler's caps.



## **Harold and the Purple Crayon**

by Crockett Johnson

Harold goes for an adventurous walk in the moonlight with his purple crayon.



## **Superhero ABC**

by Bob McLeod

Humorous Superheroes such as Goo Girl and The Volcano represent the letters of the alphabet from A to Z.

**You can check out these and other great books in the Monroe County Public Library's Children's area!**

# your child @<sup>™</sup>

## 4 years

highlights of what's  
happening at this stage of  
your child's development ...

At the end of this year, your child will finish preschool and prepare for kindergarten. Get ready for him to learn new things.

### Your child's health

#### The Well Visit

Take your child to the doctor for a check-up when she turns 4. Ask your doctor about shots that your child may need before starting school. And catch up on any missed vaccinations.

Let your doctor know if your child:

- Is very afraid, shy, or aggressive.
- Does not want to play with other children.
- Is unhappy or sad a lot of the time.
- Has trouble eating, sleeping, or using the toilet.



#### Sleep

Your child probably sleeps between 10 to 12 hours per night and does not nap.

Nighttime troubles may be:

- Bad dreams. If your child has a bad dream, comfort him until he is able to go back to sleep.
- Night terrors. If your child suddenly sits up in bed and cries, screams, or kicks, do not wake him. Stay with him until the terror ends and he is calm.
- Bed-wetting. Reward your child for dry nights. Do not punish for wet nights. Tell your doctor if the problem lasts.

#### Nutrition

Encourage good eating habits:

- Offer 3 healthy meals each day, plus 2 small snacks.
- Talk about how eating the right foods (fruits, vegetables, low-fat meats, and whole grains) helps the body grow.
- Let your child help plan and prepare meals with you.
- Be a good example. Eat foods that are good for you.

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the generous support of the  
**A.L. Mailman Family Foundation.**

# your child @<sup>™</sup>

## 4 years

### Nurturing your child

**Behavior**

Here are some ways to help your child behave:

- Try not to say “no” all the time. Use positive words. Say, “Let’s jump off the pillows instead of off the bed.”
- Give choices. Let your child choose between 2 or 3 things. “Would you like to do a puzzle or read a book?”
- Make rules clear. Set up rules that are easy to understand and use them again and again. For example, tell your child that he can play outside when he cleans up his toys.
- Know your child’s limits and try not to push him too far. For example, if he is tired, don’t bring him shopping.
- If your child falls apart, stay calm instead of getting angry. Gently take him away from the situation.

**Toilet Training**

Talk to your doctor if you have general concerns about toilet training, or if your child:

- Stays dry at night for a while, but then begins to wet at night again and must go back to wearing training pants.
- Is 5 and still consistently wets the bed.
- Is completely toilet trained for at least 6 months but suddenly begins to have many accidents during the day and night.

### Your child’s safety

**Around the House**

- Never leave your child alone near water, even if he can swim.
- Put cleaning supplies, medicines, and vitamins out of your child’s reach.

**Street Safety**

- Be sure your child wears a bike helmet while riding a scooter or bicycle.
- Teach your child to look and listen for cars before he crosses a street or a parking lot.

**In the Car**

All children whose weight or height is above the forward-facing limit for their car seat should use a Belt-Positioning Booster Seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.



# TIPS | for parents of Preschoolers

Read early and read often. The early years are critical to developing a lifelong love of reading. It's never too early to begin reading to your child! The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ **Read together every day.**

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

■ **Give everything a name.**

Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"

■ **Say how much you enjoy reading.**

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

■ **Read with fun in your voice.**

Read to your child with humor and expression. Use different voices. Ham it up!

■ **Know when to stop.**

Put the book away for awhile if your child loses interest or is having trouble paying attention.

■ **Be interactive.**

Discuss what's happening in the book, point out things on the page, and ask questions.

■ **Read it again and again.**

Go ahead and read your child's favorite book for the 100th time!

■ **Talk about writing, too.**

Mention to your child how we read from left to right and how words are separated by spaces.

■ **Point out print everywhere.**

Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

■ **Get your child evaluated.**

Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Visit [www.ReadingRockets.org](http://www.ReadingRockets.org) for more information on how you can launch a child into a bright future through reading.