



Health, Activity,
Nutrition, Development,
Safety, Together

For Further Information, consult the book *Parenting for the 21st Century* or

My Development 36-48 Months

Issue 8

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Langley Early Child
Development
Committee

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By forty-eight months...

Things I like...

Things we can do together

Health

Development

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Safety

Things I like...

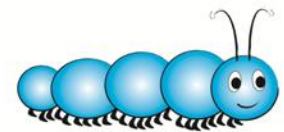
- I like to build indoor forts and obstacle courses.
- Turn the music on and dance together. Sing rhymes and songs with me.
- Put the couch cushions on the floor so I can jump safely.
- Look at books together and talk about what we see.
- Help me use my imagination by giving me toy animals and people, puppets, play dishes and food, dress up clothes and other pretend objects.
- Make a rainy day activity box full of crayons, stickers, stamps, play dough and fun textures to cut and glue.
- Point out shapes and colours in my world as we are playing and reading.
- Give me toys to ride on.
- Sit with me as I draw simple pictures of people and things in my world.

By forty-eight months, I can...

- Use 5-7 word sentences that can be understood by others
- Use the toilet during the day
- Ask and answer simple questions
- Stand and hop on one foot
- Stay with an activity for longer periods of time
- Use my imagination when I play
- Hold a crayon with my thumb and forefinger
- Play together with other children
- Draw a person with three or more body parts
- Help with undressing by unzipping zippers



Things we can do together...

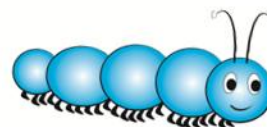


- It's hard for me to share your attention. Plan an activity for me when you need to get things done.
- Follow my lead as you play with me daily.
- It's my job to develop my independence and test my limits. It's your job to give me choices within the limits that you set.
- I depend on you to keep me safe and secure.
- We will have less power struggles with a daily routine.
- Teasing is not good for our relationship and makes me feel insecure.
- I need "calm down" time near you not "time out" away from you. A quiet activity may calm me.
- Accept and learn how to work with my personality.
- When you leave, always say good-bye and let me know you will come back.

Nutrition

- I enjoy sitting at the table and eating with my family.
- Serve me child sized portions that are approximately $\frac{1}{4}$ to $\frac{1}{3}$ of the adult amount.
- Limit juice to $\frac{1}{2}$ cup per day and serve it with my meal or snack. If I'm thirsty between meals, give me water.
- Give me healthy foods for my three daily snacks and meals. If I snack more, I may not be hungry for my meals.
- Children come in different shapes and sizes. What's important is that I eat healthy and am physically active.
- Foods and drinks with sugar cause tooth decay.
- If we argue over food, it can create or make eating problems worse.

Health



- Brush my teeth for me twice daily with a pea sized amount of fluoride toothpaste.
- Its time for me to see the Dentist and Eye Doctor yearly.
- I need active play every day (i.e. run, jump, climb).
- I need UVB/UVA sunscreen and sunglasses when I am outside.
- If others don't understand me, call Public Health to check my hearing and speech.
- My body needs 10-12 hours of sleep.
- Second hand smoke increases my risk for chest and ear infections.
- Routine hand washing before I eat, after I use the toilet and throughout the day keeps me healthy. Rub my hands together with soap under running water.
- When I am feeling sick, keep me home.

My Development...

- I use 5-7 word sentences and can answer simple questions.
- I am beginning to name and sort items by colour, size, and shape.
- I understand concepts (i.e. on, under, in, out).
- I can focus on an activity for a longer time.
- I am learning to share when I play with other children.
- Be patient when I ask "why" questions.
- I may show new fears that feel real to me.
- I can stand and hop on one foot, kick a ball, and walk up and down stairs with one foot on each step.
- I am learning to hold a crayon correctly, snip with scissors, unzip zippers and use threading toys

- I am toilet trained during the day but I may need a diaper at night..



My Safety...

- Keep a close eye and ear on me as everyday objects are dangerous (soaps, perfume, cleaners).
- I may try to do more than I safely can. Watch that I play on outdoor equipment that is the right size for me.
- I am small, quick and don't understand safety. Never leave me alone, especially around cars, water, animals, windows, balconies, tools and appliances.
- Burns can be prevented. Keep hot drinks away from me, turn down water temperature, prevent access to fireplaces and stoves, and childproof all electrical outlets.
- Make sure our helmets fit properly when we are riding our bikes.
- Check height and weight guidelines before changing my car seat.
- If the car is moving, I need to be buckled in my car seat. Remember, no snacks as I may choke.



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