



Health, Activity,
Nutrition, Development,
Safety, Together

For Further Information, consult the book *Parenting at*

My Development 48-60 Months

Issue 9

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Langley Early Child Development Committee

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By sixty months...

Things I like...

Things we can do together

Health

Development

Nutrition

Safety

Things I like...

- Limit and monitor my time in front of TV, videos, screens.
- Play outside with me every day, rain or shine. It's fun to run, jump, climb, make noise, and get dirty.
- Give me time to practice riding my bike with training wheels.
- Throw a large ball to me so I can practice catching.
- Let me practice cutting with child sized scissors.
- Teach me 'beside', 'in front' and 'between' by showing me with my teddy bear.
- Play dates with same aged friends help me learn the skills needed to form strong friendships.
- I like to play with puzzles and simple games for 10-15 minutes.
- I like to pretend to be someone else (i.e. Superhero) when I play with other children.
- I can copy some shapes and letters.

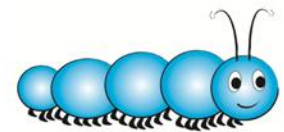
By sixty months, I can...

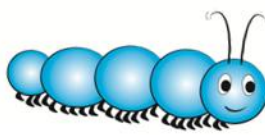
- Throw and catch a ball
- Can balance and hop on one foot
- Speaks clearly using sentences with at least 5-7 words
- Label and sort colours and shapes
- Play make believe games with others
- Dress and undress with little help
- Follow three step directions
- Answer simple questions
- Cut with child safe scissors
- Draw a person with at least four body parts
- Understands concepts like past, present and future
- Climb playground equipment without difficulty



Things we can do together...

- Focus on the positive by saying "yes" and "do" more often than "no" and "don't".
- Teach me to listen by setting limits. Tell me once then follow through. Threats and bribes do not teach me to listen.
- Doing things together helps me feel connected to you.
- When I feel connected to you, I feel secure and I feel better about myself.
- I feel important when you give me a few simple chores to do around the house.
- Introduce shapes and counting as you talk about things in my everyday life.
- You may see a change in my behaviour when I am tired, sick, stressed or hungry.
- You are my most important role model.
- Be patient with me if I wet the bed or have accidents during the day.





Nutrition

- The Canada food guide states that each day I should have five servings of vegetables and fruits, four servings of grain products (i.e. cereals, rice, pasta), two servings of milk and alternatives (i.e. cheese, yogurt, etc), and one serving of meat and alternatives (i.e. beans, fish, eggs, nuts, tofu, lentils).
- A healthy snack consists of any two of the four food groups (i.e. apples and cheese). Give me fresh foods when possible as I don't need the extra sugar and salt in pre-packaged foods.
- Snacks should be served to me two hours before my meals so they do not fill me up before my meal.
- Making meals a family time helps me feel connected to you.
- When I'm thirsty, offer me water.
- Give me fruit instead of juice.

Health

- Check with a Health Nurse that my immunizations are up to date for kindergarten.
- Before I start kindergarten, have my eyes and teeth checked.
- Teach me to use my arm to cover my mouth when I sneeze or cough.
- Twice a day, I need help brushing my teeth especially near my gums. Fluoride toothpaste helps make my teeth strong.
- Have my hearing and speech checked if I stutter and/or you don't understand my words.
- Remind me to wash hands before meals, after using the toilet after playing outside and after blowing my nose.
- I need sunscreen, sunglasses and hat.
- I am curious about my body and may touch my private parts. Teach me that it is OK but should be done in private.

My Development...

- I am beginning to notice the difference between boys and girls.
- I can draw a person with four or more body parts.
- I can undo buttons and zippers.
- I can help dress and undress myself.
- I can sort and label objects by colour, shape or category.
- When I play with friends, we can try to solve problems on our own.
- I show concern for others who are hurt or younger than me.
- I can hop around and balance on either foot.
- I am starting to understand past, present and future.
- I understand opposites (i.e. front/back; up/down, big/little).
- I can use long sentences to describe thoughts, ideas and events.
- I can follow directions that involve three different tasks.

My Safety...

- Teach me to ask you before taking a gift or food from others.
- Check with ICBC to see if I am ready to move into a car booster seat.
- Never leave me in the car alone.
- Allow me to bike, skateboard or scooter only when I am wearing a helmet and pads (wrist, knee and elbow).
- All medicine, cleaners, matches, lighters, car and garden products, and tools need to be securely stored and out of reach.
- Practice family fire escape plans including stop, drop and roll. Remember to keep bedroom doors closed when we sleep.
- Check our smoke alarms and carbon monoxide detectors twice yearly.
 - Teach me my name and where I live. Also identify safe neighbours.
 - Be alert and aware of me and my whereabouts.

