

# Child development age 4-6



# changes in a child's height and weight from ages four to six.

- \* **Height – 2 – 3 inches per year**
- \* **weight – 4 – 5 pounds a year**

# Physical Milestones: Age 4

- \* **Playing ball with a good aim**  
You will have fun playing games with your child since he can now catch, throw, kick, and bounce a ball with fairly good aim.
- \* **Keeping a good balance during challenging games**
- \* **Climbing and jumping off of things**
- \* **Fine motor skills**  
During these child development stages fine motor skills will be much improved and he will be able to cut out simple shapes, thread small beads, hold a pencil correctly, and put together 12 piece puzzles.
- \* **Buttoning and unbuttoning clothing**  
He will continue to assert his independence and insist on dressing himself, including buttoning and unbuttoning clothing.

# Cognitive and Linguistic Milestones: Age 4

# Methods of learning

- \* **Incidental learning**
  - \* unplanned learning
    - \* Ex. Bobby happens to push a button on a musical toy and discovers that this action causes music to play.
- \* **Trial – and Error Learning**
  - \* Trying several solutions before it works.
- \* **Imitation –**
  - \* Learning by watching and copying others.
  - \* Skills and attitudes can be learned by imitation.

# Directed Learning

- \* **Directly being taught**
- \* This type of learning takes place in schools, other places of formal instruction such as daycares as well as at home.

# Cognitive and Linguistic Milestones:

## Age 4

- \* **Counting to 20**

He will be able to count to 20 by rote, although he will not really grasp the concept of numbers higher than 3 or 4.

- \*

- \* **Understanding past, present and future**

His memory skills will have improved to the point where he can remember past events and will talk about them.

- \* He will be excited about future activities as he can now understand the concept of past, present, and future.



- \* **Understanding and explaining own behavior**

If asked, he can now give reasons for his behavior and explain his actions.

- \* Since pretend play and make-believe are a large part of his learning experience, your child will often confuse reality and fiction.

- \* **Longer sentences but still struggling with correct past tense**

During these development stages his speech will have improved so much that he will now be understood by strangers, and he will begin speaking in longer sentences.



# Social and Emotional Milestones:

## Age 4

- \* **Doing things independently of you**

By this stage, your child will know how to eat with a spoon and a fork and will want to butter his own bread.

- \* He will be able to complete small tasks like washing his hands or brushing his teeth.

- \* **More empathy towards and interactivity with other children**

He will enjoy interacting with other children and will have some understanding about the feelings and emotions of others.

# Emotional patterns

- \* Still seek approval of parents but enjoy being independent
- \* Active imagination and sometimes unable to distinguish between fantasy from reality.

# Child Development - 5 Years Old

# Physical Milestones: Age 5

- \* **Stronger coordination skills**

By the time your child is 5 years old, she may be able to skip rope, touch her toes without bending her knees (can you do that?), balance on one foot, and possibly begin learning to ride her bike without training wheels.

- \* **Detailed drawing**

She will probably be printing her own name, drawing detailed pictures of houses, people, and animals, and will do a fairly good job of staying in the lines when coloring.

She will be quite adept at using child-sized scissors and will have good control of pencils, paint brushes, or large sewing needles. She may begin using a knife at meals but will likely still need your help occasionally.

# Physical Milestones: Age 5

- \* **Good at duplicating**

She will be able to duplicate a model built with blocks and will enjoy counting her fingers or other objects.

- \* **Getting dressed without help**

By now, she can easily dress herself and will probably insist on choosing her own clothing and getting ready without your help.

# Cognitive and Linguistic Milestones: Age 5

- \* **Proportional artwork**  
Drawings and artwork will now be proportional.
- \* If he has been taught, he will be able to give his full name as well as his age, address, and birthday.
- \* **More abstract thinking**  
As your child matures, he will continue to grasp more abstract concepts such as time or space
- \*

- \* **More complex language and imaginative skills**

His sentences will be much more complex and more grammatically correct.

- \* **Distinguishing between reality and fantasy**

He may act out stories that he has heard or read as a way of applying this information to real life.

This is a natural technique in developing the ability to distinguish between fantasy and reality as he slowly realizes what can really happen and what is simply make-believe.

# Social and Emotional

- \* They may experience anxiety about the strangeness of a school setting and unfamiliar routines
- \* Still emotionally impulsive
- \* They are better able to understand empathy for others.



# Child Development - 6 Years Old

a six – year – old child's body shape

✘ **Straighter, slimmer and upper bodies are more erect.**

# Physical Child Milestones: Age 6

- \* **Good balance control**

She will have good balance, be able to chase others, dodge objects, and ride a two-wheel bike with confidence.

- \* **More smoothness when writing**

She will likely be able to print both her first and last names, and her letters will be of similar size.

- \* **Tying shoes**

By this stage, your child may be able to tie her shoes and perform finer skills such as threading and sewing neat stitches.

- \* **Arranging own plate and making own meals**

Of course, independence is still a priority, and she will insist on making her own meals such as a simple sandwich or bowl of cereal.

# Cognitive and Linguistic Milestones:

## Age 6

- \* **Understanding quantity concepts**

She will now have an understanding of quantity concepts such as distance, weight, or length, and will be able to arrange objects in order of size or weight.

- \* **Counting to 100**

Your child will now enjoy counting to 100, know the days of the week and the months of the year, and will be able to find her own birthday on a calendar.



- \* **Better grasp on the future**

- \* The understanding of this concept will also help her grasp more abstract principles such as what happens when water is put in the freezer, or when a pot of soup is placed on the stove.

- \* **Speaking fluently**

By this age, your child will be speaking and singing fluently.

# Social and Emotional Milestones:

## Age 6

- \* **Enjoying Tasks with Bigger Responsibility**  
Your child has reached the age where she will want to take on more responsibility. She will feel confident and capable if she can carry out "adult" tasks with success.
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- \* **Being even more social**  
She will love socializing with other children, especially now that she can choose her own friends.
- \* **Strong at communicating thoughts and feelings**  
She will understand the "talking/listening" dynamic of conversation, and will be able to communicate her thoughts and feelings quite effectively.

# Helping children learn

- \* **Learning languages**

- \* Exposure to other languages rewires the neurons in the still developing brain in such a way that a child's overall language abilities increase greatly.
- \* Research suggests children who are bilingual find it easier to learn to read.

# Emotional

- \* Emotional turmoil
- \* Finding their status outside of home
- \* Easily hurt and discouraged
- \* Rapid mood changes
- \* quarrelsome



# Self - confidence

- \* It is important for caregivers to provide opportunities for children to learn.
- \* This learning of new skills helps children build self – confidence.

# Encouraging your child to read

- \* **Read** stories to your child. Try to **read** together every day. ...
- \* Show your love of **reading**. ...
- \* Let your child choose. ...
- \* Let your child “pretend **read**.” ...
- \* Act it out. ...
- \* Know when to stop. ...
- \* Be interactive. ...
- \* **Read** it again and again.

# Children and stress

- \* Children experience stress or tension
- \* They worry about strangers talking to them, bullies, fire at home.
- \* **Results of stress:**
  - \* Stomachaches
  - \* Headaches
  - \* Difficulty sleeping
  - \* tantrums
  - biting their nails
  - grinding their teeth