

# Begin now... Learn what I can do. I'm now 4 years old!

## Talk

When I see something new, I want to know what it is, how it works, and why... I have so many questions to ask you. Helping me find the answers shows me you care about me and my ideas.

- I love jokes, laughing, and saying silly words. I enjoy books and stories with fun rhymes. I can make up my own rhymes too.
- When I ask you "why?" I am not challenging you. I really want to know the reasons for decisions or rules.
- I can follow directions that have three steps such as "Please take off your coat, hang it on the hook, and then give me a big hug."
- I can't read a clock yet, but I know words about time like morning, noon and night. Teach me about the days of the week, months and the seasons.

## Play

Playing is my "job". I love pretending to be all kinds of things. I can practice feeling what other people feel. When I pretend play, I can learn to solve problems.

- Let's use puppets or dress up to act out simple life events like buying ice cream at the shop. I may also have an imaginary friend like a rock or my teddy bear.
- I can hold a pencil using my thumb and fingers to copy drawing things like a person, shapes or my name.
- Puzzles of 12-15 pieces, stringing small beads, measuring flour to bake a cake, and using scissors to cut are fun to do.
- I know how to count from one to ten. Show me how to compare smallest to biggest, and let's sort toys by colour and shape.
- Teach me how to ride a tricycle, or bicycle with training wheels, and teach me directions right, left or straight.



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## Learn

I want to help. I learn life skills by watching and helping. I may make mistakes but when you show me how, I will feel good about doing new things myself.

- Tell me that you like my help. Praise me for what I do even if it is not perfect. This will build my self-esteem.
- Give me words to describe myself in a positive way like "You did it all yourself", "You worked really hard on that".
- Give me chores like setting the table, placing dirty clothes in the hamper, and picking up toys.
- I may be using the toilet or potty during the day, and I may not be dry all the time at night.
- Smile at me. Tell me how much you love me and that you are glad I am your child. Let me know that you love me no matter what.

Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.



HEALTH  
DEPARTMENT

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Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
**[durham.ca/health](https://durham.ca/health)**

Dial 311 (within regional limits)



If you require this information in an accessible format, contact 1-800-841-2729.

