

Begin now... Learn what I can do. I'm now 5 years old!

Talk

I am speaking in clear sentences most of the time. I can understand most of what you say to me, and do what you ask of me most of the time.

- Talk to me often and take time to listen to my stories. They may be silly stories, and I may tell you the same one more than once.
- Let me answer and talk on the phone. I feel proud when I take messages for you.
- The books we read can help me learn about the feelings of others. The characters might feel happy, afraid, or have a problem to solve.
- Tell other people when I've done a good job. I will hear you and feel proud of myself; I will want to do it again.

Play

I can climb and swing on play equipment by myself, but I still need you to watch me. I play well with others and I may have a best friend.

- Board games are fun and they help me learn about rules, counting, winning and losing. It's okay if I don't win every time.
- Give me things I can use for creative fun, like finger paints, dress-up clothes or musical instruments.
- Start some family traditions. For example, we could play soccer every Tuesday after supper.
- I love pretend play. Let's act out going to school or visiting the doctor.



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Learn

I am able to work alone on an activity for 20 - 30 minutes at a time. I know when I have done something well and can compare myself to others.

- Give me a chalkboard, pencils, paper, crayons, or scissors so that I can practice writing, drawing and cutting along a thick line.
- When I print my letters and numbers, you'll notice that I can hold a pencil with my fingers and thumb. I know most of the letters in the alphabet and am learning to print my name.
- Make a game of asking me to count things. I should be able to do this out loud or on my fingers.
- Watch me do more things on my own. By now I am able to get dressed all by myself!
- I follow instructions from adults most of the time. Give me simple jobs to do, it makes me feel special.

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.



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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health

Dial 311 (within regional limits)



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

