

# 4 YEAR VISIT

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1

## STEPS

Big tasks can be easier if they are broken into pieces with clear instructions about what to do. For example, you can say “please put on your shoes” and then “please get on your jacket” instead of saying “get dressed.” This will help your child learn how to problem solve in the future.

2

## CHANGE

Use mistakes as an opportunity to learn new things. Mistakes can be upsetting, but avoid yelling or getting upset as mistakes an important part of learning new solutions and gaining new skills. Help your child think of mistakes as a time to try a new strategy, not give up.

3

## INVOLVE

Involve your child in thinking of solutions to problems they face. Ask them for suggestions on how to handle a fight with a sibling, how to make a friend feel better or how to fix a broken toy. Involving kids in finding solutions helps make better problem solvers in the future!

4

## READ

When you’re reading together, ask your child questions about how characters in the book think and feel. Talk about “what might happen next” and ask your child “if that was you, what would you do?” Connecting books to real life experiences helps your child expand their world and understand others.

5

## MEASURE

Measure and compare things everywhere! Use words like bigger, smaller, taller, wider, more and less. See below to learn why this is important and what you can do.

### Activity: MiniMath



Do you know what a dandelion looks like? It’s a bright yellow flower that turns into a white poof of fluff. You can blow on the “poof” to make a wish, and the fluff flies into the air as tiny seeds. Each one can grow a new dandelion!

**LOOK:** How many flowers do you see in the picture?

**DO:** Blow on your pointer finger 6 times. You just made 6 wishes!

**THINK:** If a dandelion poof has 10 seeds and you blow 8 seeds off, how many stayed on? Use your fingers to count down!

### Brainy Background from the MiniMath App

Adding a little math to your daily routine is a great way to help your preschooler develop early math skills like counting, sorting, comparing sizes, and identifying shapes. Download the MiniMath app for free and get more tips like these!

