



The ideas in this leaflet will help you and your child to enjoy play together; supporting their independence and social skills. They will help your child to develop their resilience and self-esteem. Having opportunities to achieve or learn from mistakes safely is vital for your child's development.

It is important to remember that children grow and develop at different times and speeds. Further information to help you understand how your child is developing, including what to expect during their first five years, can be found by searching online for the guide **What to expect, when?**

If you ever feel unsure, or have any concerns or questions about your child's wellbeing and development, please contact your Health Visitor, Early Years setting or any other relevant professional involved with your child.

Getting more copies of this leaflet

You can get all our leaflets in large print, easy read format, in Braille, on audio tape or CD, or in other languages. Please phone 01323 747430. They are also available in PDF form, which you can download from our website at <https://czone.eastsussex.gov.uk/early-years/info-for-parents/>

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Help me to be happy, sociable and independent When I am 3-4 years old



Did you know?

- Giving your child your full attention, making sure that you are always ready to listen to your child whatever the situation, good or bad. That way they learn that they can tell you anything and will be listened to.
- Listening and explaining things to your child will help them learn how to talk and behave with others.
- Behaviour is a form of communication, not an action to 'wind parents up'. Try and work out what your child may be trying to tell you.
- Your child now understands home rules if they are short and simple.
- Playing open ended games such as den building encourages your child to cooperate with others.
- Sharing stories is a useful starting point to talk through social issues.
- You can help your child work through disagreements with other children by giving them words and phrases they need.
- Your child needs enough time to master new skills so don't rush them when they try something new or are practising developing skills.
- Your child enjoys the responsibility of carrying out small tasks.

Helpful hints

I like it when you let me make choices because it makes me feel valued.

Give me little jobs such as setting the table; it makes me feel important.

Let me be independent at mealtimes even if I make a mess.

Always tell me what you want me to do (eg good walking) and not what you don't want me to do (eg stop running).

Read stories to me that help me understand my feelings.



Give me enough time to be able to dress myself.

Give me lots of opportunities to play with other children.

Let me try to zip up my coat and fasten my buttons independently.

Play games with me, it helps me learn about turn taking and sometimes losing.

Don't Forget!

Regular praise and encouragement is very important to your child's wellbeing and self-esteem. Praising your child when they do something positive, encourages the behaviour you want.

Routines and being consistent in your expectations can help your child to feel safe and secure in their environment.