

BASICS INSIGHTS

4 YEARS

Science-based facts and suggested activities to boost your 4-year-old's brain development and learning!

FACT Young children have big feelings and are learning how to manage them.

TRY THIS

- Talk to your child about their feelings and other people's feelings.
- Ask your child to tell you how they feel in different situations.



**Maximize Love,
Manage Stress**

FACT Your child's imagination is blossoming. Pretend play builds thinking skills and lets children try out different roles.

TRY THIS

- Help your child play pretend. Ask them who/what they want to be and what they need. For a picnic or cookout, they might need some cups and paper plates.
- You can offer ideas, but make sure your child feels in control.



**Explore
Through
Movement
and Play**

FACT Sorting items into groups helps children learn to notice similarities and differences. You can sort by features like color, shape, or how the items are used.

TRY THIS

- Come up with fun ways to sort everyday items.
- Your child can help you put away the silverware, sort toys by color or shape, or sort laundry into the right drawers.



**Count, Group,
and Compare**

The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



Maximize Love, Manage Stress

Children thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to show your love. You will help them develop a sense of security and self-control.



Talk, Sing, and Point

Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and point to help them know what you are talking about.



Count, Group, and Compare

Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



Explore Through Movement and Play

Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



Read and Discuss Stories

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



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