

**TOP TIPS  
FOR  
PARENTS**

## Ages & Stages (3-4 Years)



The focus of **Ages and Stages** is to help parents identify their child's achievements and to recognise next steps to support development at home.

Children are learning from birth, and natural sense of curiosity and a desire to learn and they have accomplished a lot in the short time they have been in the world. Each child is an individual and will **develop at their own pace**.

*Sometimes children will acquire **new skills** and knowledge quickly, at other times they may need a lot of support. They always need love and encouragement to grow!*

### ***You can continue to encourage your child's development by...***

Helping to problem solve when emotions are running high

Introducing routines

Showing them how to do simple chores at home

Being clear and consistent, explaining what behaviours you expect from them

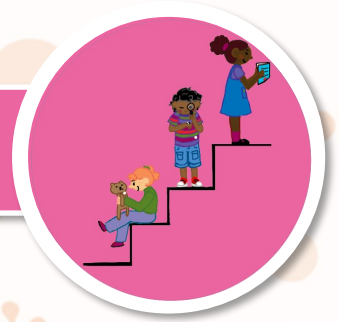
Reading together, especially at bed-time

Using age appropriate language



## TOP TIPS FOR PARENTS

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Research shows that nothing helps develop **positive relationships** and strong social and emotional skills in a child more than spending **quality time** together.

Your child will enjoy a little bit of special time together—even a few minutes every day will make a difference.

#### TIP 1: Have A Daily Routine

- An organised and predictable home environment helps children feel **safe**, **secure** and **looked after**. Simple routines such as a story at bedtime can become a special time for you and your child.
- Routines can teach **healthy habits** like brushing teeth, washing hands and going to the toilet.

#### TIP 2: Set Boundaries

- Fair and consistent boundaries will support your child to grow up to be **confident**, **independent** and **responsible**.
- Use positive language & tell them why the behaviour is important:  
***'We tidy our toys away as otherwise they will get broken or lost.'***

#### TIP 3: Praise Good Behaviour

A focus on good behaviour is better for developing **positive relationships** and positive self-esteem.

- **Notice:** when a child behaves well and **praise** them when they are well-behaved
- **Acknowledge:** "I can see you are so **excited** about baking the buns!"
- **Be specific:** 'You tied all the toys away, that is very helpful, **thank you**.'
- **Comment** on **good behaviour** throughout the day, notice and mention small things.

#### TIP 4: Help Manage Emotions

- Play games and read stories that explore different **emotions** as this will introduce new words e.g. sad, happy, angry, frightened, excited
- Help them to **recognise feelings** in friends and family "I was sad when you took his toy, how could we make him feel better?"
- Teaching your child to **empathise** with others will help them understand the impact of their behaviour