



Helping Hands for Families

Parenting Preschoolers

Tips to Support Healthy Development

Because kids don't come with an instruction manual

Age 3

- Let your child help you with small chores, like putting clean socks in a drawer or stirring pancake batter.
- Offer toys, like small balls and beads to string on a shoe lace, to build fine motor skills (finger use).
- Keep reading to your child. Reading the same book over again helps your child learn.
- Give your child a few simple choices, such as what to wear or what to eat for a snack.
- Provide clear, consistent rules.
- Provide options when you say "no" such as offering coloring or reading instead of active play near bedtime.
- Urge your child to play with other children, take turns, and share.
- Be patient with toilet training. Treat accidents calmly and simply.
- Talk often with your child. Ask questions and listen.

Age 4

- Offer sincere, specific praise to reward behavior you want to encourage. "I like the way you sat quietly and listened."
- Encourage your child's imagination and creativity by taking time to answer her questions, introducing different ways of using things, and providing new experiences.
- Help your child express his feelings through the use of his words, pretend play, or drawing a picture.
- Encourage outdoor play to keep your child active and build motor skills.

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- Begin to use "thinking" questions to grow your child's ability to manage her behavior and feelings.
- Give your child new opportunities and help her finish what she starts. Provide support, while letting her finish and feel the accomplishment.
- Provide consistent, daily routines.
- Give your child plenty of time to engage in activities. Rushing is stressful.

Age 5

- Provide your child with board games, play dough, puzzles, books, glue, scissors, crayons, paper, and blocks to build skills and brain power.
- Help your child learn new skills such as skipping or swimming. Five-year-olds are ready to try new things and master skills that build confidence.
- Share stories from diverse cultures. Ask your child to tell you a story.
- Encourage your child to help with simple chores.
- Help your child to learn through all

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Marquette County Family Connections Coalition

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WorkSmart Employment
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Family/School Liaison
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Montello School District
608-297-7617

Mission

The Marquette County Family
Connections Coalition (FCC)
mission is to link families with
community agencies through
communication and
collaboration.

Fruit Salsa

A great way to get 5 a day!

- 1 cup diced strawberries
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 tablespoons lemon juice
- 1/4 cup sugar
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon



- Combine fruits in a medium mixing bowl and add lemon juice.
- Stir in sugar, nutmeg and cinnamon. Mix well.
- Refrigerate until serving time.

Source: <http://www.kidsacookin.ksu.edu>

Benefits of Play

Play helps children's brains develop. They learn how things fit together, how items compare, and how to discover patterns. Play helps them learn to connect with others, settle conflict, develop compassion, caring, and learn patience. It helps them make sense of their world.

Social and Emotional Learning

Help your child build a strong foundation for life by being her role model. Coach your child on how to cope with her feelings, understand others' feelings and needs, and have positive relations with others. Help her practice sharing.

Healthy Bodies

Enjoy meals with your child as often as possible. Eat lots of fruits and vegetables as a way to urge your child to eat them, too. Make sure your child gets the rest he needs. Balance screen time with physical activity so your child learns to love being active.



Parenting Preschoolers (continued)

of the senses (smelling different scents and feeling fuzzy, silky or scratchy fabric while blindfolded).

- Discuss safety rules and why they are important. Examples are wearing a bike helmet or holding hands while crossing the street or in a crowd.
- Build your child's imagination, curiosity, and need to fit in the world by asking "what if?" questions, such as "What if you were taller than a tree?"
- Help your child through the steps to solve problems when she is upset.

For more tips on parenting young children, see Parenting the Preschooler website <http://fyi.uwex.edu/parentingthepreschooler>

or contact Sue Allen, Marquette County UW-Extension Family Living Educator
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Outdoor safety tips for parents and children:

- Use sunscreen and apply it often.
- Hydrate! Drink plenty of water.
- Check carefully for ticks after playing outdoors.