

# SUPPORTING THE DEVELOPMENTAL HEALTH AND RESILIENCY OF YOUNG CHILDREN AND THEIR FAMILIES

A Toolkit for Families of 3-4 Year Old Children



## MAKING MEMORIES

There are many ways to make memories with your children. Here are some ideas to start with.

- **Create a special routine**, like reading a book together at bedtime every day.
- Let your child help you **prepare a meal and gather to eat as a family**.
- **Make household tasks fun**. Have your child match pairs of clean socks, race to pick up the most toys, or dust while dancing to songs.
- **Make a work of art**. Work together to make a card for a friend's birthday. Use a blank t-shirt and let your child decorate it with markers or write a story and create pictures together. Let your creativity run wild!
- **Pretend play**. Pretend that your child is an astronaut going to a new planet, a bus driver driving a bus, or a Vet helping animals feel better.
- **Play a classic game** together. A list of well-known and loved games is shown on the right.

## CLASSIC GAMES TO PLAY

Fun Games to play that teach children life skills.

### HIDE AND SEEK

This game teaches about problem-solving: where can you hide for the longest time?

### RED LIGHT, GREEN LIGHT

This game teaches patience. To win, children must listen for directions, be patient, and control their bodies.

### SIMON SAYS

This game teaches about listening. To play this game, children learn to pay attention to instructions by listening for the words, "Simon says."

### MUSICAL CHAIRS

Teamwork and dealing with disappointing feelings are skills learned when playing musical chairs.







## TRACKING YOUR CHILD'S DEVELOPMENT

Your child's development sets the basis for lifelong learning and health. These resources can help you track your child's development.

### MILESTONE TRACKER APP

The Centers for Disease Control and Prevention (CDC) created this FREE app to help you track your child's milestones from 2 months to 5 years of age.

### DEVELOPMENTAL MILESTONES: 3- TO 4-YEAR-OLDS

The American Academy of Pediatrics offers a list of milestones that parents and guardians should look for.

*If you have any concerns about your child's development, please consult with your child's doctor.*



## MORE IDEAS FOR MAKING MEMORIES

Visit these sites to discover more ways to connect with your child.

- [CDC's Child Development Positive Parenting Tips](#)
- [American Academy of Pediatrics's 10 No-Cost, Screen-Free Activities to Play with Your Preschooler](#)
- [The Magic of Play: How It Inspires & Aids Early Development by Nemours KidsHealth](#)
- ["Practice Guides for Families" developed by the Early Childhood Technical Assistance Center](#)
- [VROOM](#)  
*Free, science-based tips and tools help parents and caregivers give children a great start in life today—and an even better future.*

