

Growing Independence and Imagination

(4 Year-Olds)

Our program uses the **HighScope Curriculum**. HighScope emphasizes research-based active learning, where young children build knowledge through play and interaction with others as well as their environment.

Your Child is Exploring the World Through Play

- Learns best through hands-on play and exploration
- Vocabulary is growing quickly, loves to talk
- Wants to do things independently
- Enjoys pretend play, loves to act like adults
- Loves music, books, songs, and storytelling
- Thrives during outdoor play like running, climbing, being loud and fast

Physical Development

- High energy and needs lots of movement
- Uses large muscles to play, build, and explore
- Continues refining coordination and balance

Ways you can help:

- Make time every day for active movement
- Provide space for building and block play
- Offer outdoor time to climb, skip, and balance



Social & Emotional Development

- Focused on fairness and following rules
- Needs adult help to resolve conflicts
- Learning to name and express emotions

Ways you can help:

- Talk about feelings and using emotion words often
- Use consistent expectations and gentle guidance
- Teach conflict resolution step-by-step



Flip over to see what your 4-year-old is learning and how you can support them every day!

Communication & Language

- Often very talkative and expressive
- Loves listening to stories and songs
- Enjoys scribbling and “writing” like grown-ups

Ways you can help:

- Have back-and-forth conversations throughout the day
- Read aloud together every day
- Provide blank paper, markers, and writing tools for creativity



Thinking & Problem Solving

- Learns best through play
- Explores math and language through books, stories and hands on exploration
- Experiments with sensory materials like water, paint, and sand

Ways you can help:

- Offer open-ended play materials like blocks
- Sing songs with fingerplays, counting, and rhyming
- Provide opportunities for sensory exploration



Simple Ways You Can Support Your 4-Year-Old Every Day



Let them take the lead. Ask questions and follow their interests



Play pretend, join in as a customer, patient, or sidekick



Read together daily, stories, rhymes, and songs build language and thinking



Talk through challenges, use calm words and help name feelings



Offer real choices, support their growing independence



Get outside, movement and nature fuel their learning and joy

Every “why?” and “me do it!” moment is a chance to learn.

Want to learn more about how we support your child's growth with **HighScope**?

Visit www.famconn.org or scan the QR code.

