



## TYPICAL FOR THIS AGE

## CHILD'S PERSPECTIVE

## PARENT'S PERSPECTIVE

## LEARNING & GROWING STRATEGIES

Ready for the World

I see a whole world out there - new places, new people, new routines.  
I want to show my personality to others. I'm ready to try new things.

How do I choose the right school, programs and activities?  
Should I teach "skills" or let my child "be a child"?  
I want my child to be successful in a competitive world.

**Play is essential.**  
**Consider child's temperament and family goals.**  
**Focus on relationships not "perfect" schools.**  
**Balance structured and unstructured activities.**

Why???

But WHY? I gotta know? Explain it all to me.  
Put everything into words for me to think about over and over again.  
Show it all to me - use all my senses.

Because!  
I waited so long for language now I just want a little quiet.  
I don't know anything!  
How much time will this take?

**Discover answers together.**  
**Teach child to play alone too.**  
**Pretend you are seeing it, thinking it, doing it for the first time.**  
**Rejuvenate yourself.**

The Big "D" Discipline

What can I get away with?  
Do they really mean what they say?  
How do I balance power and security?

But I'm the parent!  
She is deliberately doing this to drive me crazy!

**Observe behavior & environment.**  
**It's necessary, not personal.**  
**Empathetic authority = Guidance.**  
**Combine high expectations with unconditional love.**

Fears and Nightmares

I'm scared!  
I'm angry! I'm jealous!  
My monsters are REAL to me!  
I don't understand what you're saying. My world is changing on me.

Where did these fears come from?  
How can I stop them?  
I feel helpless.

**Routines!**  
**Give support and reassurances.**  
**Creative "fear" solutions like "monster spray".**  
**Maturity takes time to evolve.**

Greater Self-Care Toilet Learning Continues

It's my body and I'll do what I want to.  
My body can be a scary place.  
Let's talk about poop and farts.  
I can do lots of things all by myself.

I wish people would stop asking, "is he potty trained yet?"  
Gotta "be trained" for school!  
I just want to do the right thing!

**Trust your child.**  
**Control emotions and pushing.**  
**It's just biology and anatomy.**  
**Give responsibility to child.**