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Episode 9

Episode 9: Four and loving it!

Psychologist Ruth Jillings meets Sophie, whose parents Sally and Sam are struggling with Sophie's whinging to get what she wants and fighting with her big brother. Plus she fusses over what she wears in the morning and is reluctant to eat at the table.

Quinn is raised by his mum Kim on her own, along with baby Jack. Ruth gives advice on getting children to be more self-reliant and talks about the value of specific praise rather than simply saying 'good boy' or 'good girl'.

Active Movement expert Gill Connell takes Quinn along to PlayGym, to see what age-appropriate activities he enjoys, and talks about the various basic skills a child needs to master before they contemplate organised sport.

Plus we make a magnetic fishing game. It provides a chance to explain how magnets work, and to perfect the hand - eye coordination needed to catch your fish.



Quinn with his mum Kim (left) and Ruth



Sophie



Make and Play: Magnetic Fishing game for encouraging hand - eye coordination.

About this age and stage

Four year-olds have an overflowing eagerness to learn about themselves, others and the world they live in. They thrive on meeting new people and seeing new places and have endless questions for parents. They enjoy the company of others, and will usually play cooperatively.

Provide opportunities for them to try new skills like swinging, forward rolls, and bouncing a ball. Four year olds can do up buttons and cut with scissors following lines.

They can retell stories and describe pictures accurately, and they know familiar songs and rhymes. They have lots of energy and love talking about themselves... but remember, too much talk about starting school can be unsettling.