

3 to 5 years

Love and warmth

- ☐ Spending time playing, talking and enjoying being with your child
- ☐ Showing affection in ways your child enjoys
- ☐ Noticing and appreciating when your child is helpful, kind and keeps trying
- ☐ Comforting and staying connected when your child is upset or overwhelmed

Talking and listening

- ☐ Making time to kōrero about everyday activities, people and special events
- ☐ Listening with interest to your child's stories, ideas and questions
- ☐ Talking, singing and story-telling in the languages that are important to your whānau
- ☐ Talking about sizes, shapes, colours, numbers and things that are the same or different
- ☐ Helping your child learn words for the emotions they're experiencing

Guidance and understanding

- ☐ Playing simple games with rules to practise waiting, turn-taking and coping with disappointment
- ☐ Supporting your child to do more things for themselves, helping when they need it
- ☐ Helping your child practise sharing, understanding others and working through disagreements
- ☐ Continuing to help and encourage your child to learn to use a potty or toilet
- ☐ Taking your 4-year-old child for their B4 School Check

Limits and boundaries

- ☐ Having a few clear, fair boundaries that are realistic for your child and their age
- ☐ Explaining boundaries simply and calmly
- ☐ Keeping important boundaries steady and in place, even when your child is unhappy about them
- ☐ Setting clear rules around screens and age-appropriate content

Consistency and consequences

- ☐ Following through calmly when an important family rule has been broken
- ☐ Helping your child put things right when they can, like helping clean up a mess, or helping them understand what they could do differently next time
- ☐ Keeping your promises when you can, and explaining if plans need to change
- ☐ Making sure your child is hearing lots of encouragement, warmth, and appreciation alongside the times you need to guide or correct them

Structured and secure world

- ☐ Balancing lots of active, outdoor and imaginative play with quieter activities such as drawing, building, sharing stories, puzzles and pukapuka
- ☐ Helping your child through changes such as starting kindergarten, kura, moving house or having a new baby join the whānau
- ☐ Keeping familiar rhythms around kai, sleep, play and getting ready
- ☐ Helping your child build relationships with trusted whānau and other important adults

What feels important to you?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____