

# Three to four years

Tamariki are better at recognising and expressing their emotions in these years – for example pride, guilt or embarrassment. Encourage them to think about how they're feeling.

**They're sharing and taking turns more often, but will still need support sometimes.**

They'll love to laugh and their imagination will be a big part of their games, play, stories and artwork. They'll have lots of pātai as part of this too, and be much more curious about things.

This is a fascinating time of life for them.

## Ways you can support them:

- distraction still works and can help with power struggles if they get stuck on 'no'
- be flexible on things that aren't so important
- guide them to make good decisions and follow instructions – "as soon as you pick up your toys we can go to the park"
- they may still need your help to calm down. Have things available to help them – a quiet place they can be, and some relaxing things to do. In quiet moments, kōrero about how you calm down and what they can do too
- ask them for their ideas – make sure you both agree, then follow through
- stick with their routines as best you can, even when they don't want to sometimes!



Whānau say

**"Your time and attention are better for your kids than treats like lollies."**

