



*Make Prevention a CHOICE*

## **What's "Normal" About. . . Four To Nine Year Olds**

### **CHILDREN FOUR TO FIVE YEARS OLD**

- Give kids a chance to “burn off” energy by allowing them to play outdoors. Have an indoor play area as well.
- Never leave a child this age home alone, even if they may seem physically able to care for themselves.
- Never leave a child this age home alone with a younger brother or sister.
- Help children learn about time (seasons, day and night).
- Allow them time to play quietly by themselves and to develop their own creativity.
- Give more detailed explanations to questions, and explain the meanings of new words.
- Let kids try to “read” by interpreting pictures.
- Praise child for good behavior.
- Use reason or direct eye contact instead of hitting a child who is angry or having a tantrum.

### **FOR SCHOOL-AGE CHILDREN**

- Don't try to force a “lefty” to use their right hand.
- Set aside time for quiet play or rest instead of naps.
- Watch for school adjustment problems.
- Don't ask children to look at small objects or print for too long, their eyes can't focus well.
- Assign a few safe household chores to help kids learn to follow directions.
- Teach kids to remember their full name, age, address, birthday, phone number.
- Build your child's self-confidence: label the deed, not the child; offer praise; reassure your child that everyone has special talents.

### **FOR CHILDREN SIX TO NINE YEARS OLD**

- Watch for reactions to stress, which may be related to a fear of school, or a period of illness.
- Schedule yearly medical and dental checkups.

- Provide nutritious meals and snacks. Good eating habits and plenty of exercise will help prevent obesity.
- Don't interfere with your child's attempt to master something.
- Give praise for accomplishments. Don't be overly critical of mistakes and failures. Teach your child how to learn from them.
- Set up simple rules for your child to remember. Be consistent about enforcing them.
- Don't compare your child to others, especially brothers or sisters. Help each child appreciate his or her special talents.
- Encourage creativity but don't expect perfection or talent in all areas.
- Teach your child how to cope with difficult times, deal with emotions in public, show self-control, and think of other's feelings.
- Be aware of signs of depression: changes in weight, appetite, sleep, interests, energy level, ability to concentrate.
- Don't pressure your child to join teams, clubs or activities. Children in this age group need to develop their own interests, on their own terms.

## **How to Contact Us**

**Naval CBC Gulfport Center**  
**Phone: (228) 871-2581/3000**  
**Fax: (228) 871-3610/2384**

**Navy at Stennis Space Center**  
**Phone: (228) 813-4070**  
**Fax: (228) 688-5561**

**Toll Free: (800) 342-3525**