



4-H School-Age Child Care  
University of California Cooperative Extension

# PARENT STYLES II

## Tips for Busy Parents

### THE GROWING YEARS

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*As parents, we want our children to grow into self-reliant persons, who can appreciate their individuality and develop healthy bodies and behavior. Development during the early school years is not the same from one child to the next, nor is it consistent across areas in the same child.*

Some children may first excel in social settings, but lag in academic areas. Others may be physically large for their age but less mature in other areas of development. **It is important not to compare one child's growth with another, because each child will develop at his own rate.**

Physical growth in 5-8 year olds is generally slower than during infancy or the preschool years. **However, this stage is a time of rapid physical skill development.** During this period, most children will learn to throw and catch a ball, jump rope, ride a bike and roller skate. They also will improve their ability to write, cut, glue and hammer.

**Physical development in 5-8 year olds can be uneven, because muscular coordination and control are incomplete.** Children's ability to acquire and master new physical skills can affect their self esteem and their

performance in other areas. Therefore, it is important that parents help their children gain new physical skills and discover activities in which they can excel. ***Following are suggestions for helping your school-ager:***

- ★ ***Encourage Effort.*** School-agers need lots of physical activity and time to just experience. Encourage running, jumping, climbing, nail hammering, scissor cutting, etc. for their own sake.
- ★ ***Promote Practice.*** Children want to master skills, but they will react negatively to pressure. Don't expect or seek perfection. Let them set their own limits for performance.
- ★ ***Avoid Lengthy Activities.*** Children this age learn best when they are physically active. They still have short attention spans and can become disinterested after 15 minutes or less.



***Remember each child is unique and will mature in a unique way!***

## ***HIT OR MISS***

### **WHAT YOU NEED:**

- ☆ Colorful wastebasket
- ☆ Five bean bags or five rolled up socks



### **WHAT TO DO:**

#### ***To practice eye-hand coordination skills:***

- ★ Sit down on small stools or on the floor with your child five feet away from the wastebasket.
- ★ Demonstrate how to toss objects into the basket.
- ★ Ask your child to toss the bean bags.
- ★ Keep a count of "hits".
- ★ When your child increases "hits" move further away from the wastebasket.
- ★ Provide praise, hugs and squeals for "misses" as well as for "hits".