

Phase - 4th Grade

CONFIDENCE REIGNS SUPREME AT THIS STAGE. THOUGH THIS HELPS A FOURTH GRADER LEARN NEW THINGS, IT CAN LEAD TO OVERCONFIDENCE IN SOME AREAS WHEN THEY SAY, "I GOT THIS." BALANCING FREEDOM TO TRY NEW THINGS AND COMING IN TO SAVE THE DAY CAN BE A STRUGGLE FOR MOM AND DAD. BOUNDARIES AND ROUTINES WILL HELP YOUR KID TO EXPLORE AND DO THINGS ON THEIR OWN IN A SAFE WAY.

PHYSICALLY



- Losing bigger baby teeth like molars.
- Your kid will be progressing in their ability to run faster, have more strength, and have more body control.
- Pull out the bike and sports equipment because your kid will need lots of physical activity.
- Puberty is right around the corner, so you may see early signs including acne, mood swings, and changes in weight / height.
- Your kid still needs lots of sleep—10-11 hours each night.

SOCIALLY



- They are increasingly looking for their friend's approval.
- Their room might have an invisible "please knock" sign as the desire for personal privacy grows.
- If it's a competition, they are all in!
- Having a best friend of the same gender is valuable and just plain fun.
- They might start to smile and giggle when it comes to the opposite gender. They are curious, but still believe in cooties.

MENTALLY



- Their ability to focus on one activity is greater: probably about 45 minutes.
- When reading silently they can enjoy and remember what they learned from reading.
- All for one and one for all! At this point your kid can join forces with others to follow rules and understand the consequences.
- They are becoming more empathetic as they are getting better at understanding different perspectives.
- Abstract subjects can be a challenge, but with parallels drawn between the concrete and abstract they will begin to understand.

EMOTIONALLY



- Even though they are competitive, they can show signs of anxiety about a situation.
- At this phase they may be more self-conscious about their body.
- Family-held beliefs and values are important, but they might start to ask "why" questions that seem challenging.
- Kids at this age enjoy puns, sarcasm, and even the inappropriate jokes about farts and such.
- Since they can understand different perspectives, they may have an increased desire to help and serve others.