

Making Mistakes is Okay: Ages 4-5

Through these activities, a child will be able to:

- Learn that making mistakes is okay
- Become a problem solver
- Regulate emotions when mistakes happen

Ideas to try with your child:

- Intentionally make a mistake and talk through solving the problem.
For example: Get out a plate instead of a bowl for cereal or soup. "Oops! Why can't I use a plate for soup? What can I do to solve this problem?" or Tear a piece of paper. "Oh no! I ripped this! It's going to be ok, because I can get another piece or tape it back together."
- Spill something and problem solve ways to clean it up by making a chart, such as:

Use a...	If you spill...
Towel	Lots of liquid
Broom	Something that's dry
Paper towel/napkin	Small liquid mess

If your child is struggling:

- Some children get upset if they make a mistake. Help your child understand that making mistakes is part of life.
- Avoid punishing or scolding a child if they make a mistake
- If safety is an issue explain what the danger is and how you feel.

Going further:

- To make it more of a challenge, you can describe scenarios and have the child verbally solve them.
- For example: *"I wanted to build a block tower. I knocked it over by mistake. What can I do to solve this problem?"*

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource sheet, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 4-5** that parents can help improve at home.