



# Understanding 4-5-Year-Olds (The Tavistock Clinic - Understanding Your Child)

*Lesley Maroni*

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Understanding 4-5-year-olds gives a thoughtful overview of the challenges that children face as they gradually move away from a strong attachment to their families and turn towards the wider world of school and life outside the family.

Lesley Maroni discusses the critical social and emotional developments at this age, including identity, independence and sibling rivalry, the transition to school and friendships with peers, coping with illness and loss, and gender differences. The author also shows how 4-5-year-olds explore real issues using the protective safety of pretend play and their imagination.

This accessible book provides valuable insights and a wealth of case examples that will help parents, educators and carers better understand and relate to children at this demanding, yet exciting, stage of development.

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