

### **Four Year Old**

The four year old can be a very outgoing and energetic person. Unlike the insecure three-and-a-half year old, the four year old finds power in him/herself. The following characteristics describe the four year old:

- fluid imagination: boasts and brags
- displays definite emotional extremes
- aggressive: kicks, hits, spits
- asks "why" and "how" a lot
- wild and enthusiastic
- likes to talk about what is real and what is pretend
- unpredictable
- can be obnoxious with demands
- loves to discuss detail
- likes to test boundaries and limits
- can be very reliable
- emotionally out-of-bounds, laughs or cries too loudly
- may lie, swear and exaggerate
- likes dramatic play



Photo by Tom Levy

### **Five Year Old**

The five year old can be very calm, pleasant and positive. As the child gets closer to six year he/she may also become agitated and overwhelmed by the demands and responsibilities of growing up. The following are characteristics of the five year old:

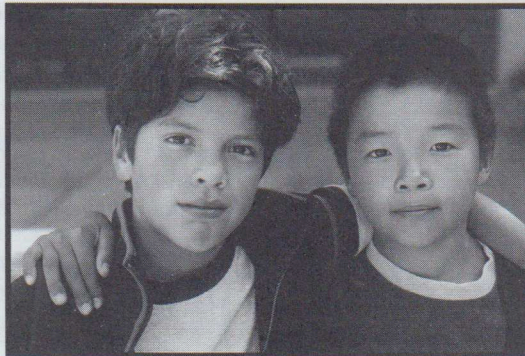
- likes to play
- expects much of self
- likes the old and familiar as opposed to the new and strange
- loves to be read to and talked to
- loves new facts
- likes to cooperate
- needs physically challenging activity
- imitates a grown ups' behavior
- likes to practice and display intellectual abilities (printing name or numbers)
- may show extremes: shy vs. bold
- may have headaches or stomach aches

### Six Year Old

- often self centered
- wants to be the "first," the "best," etc.
- this is an emotional age and the child often has contradictory emotions when disobedient, at times it is a move towards becoming more of an individual and at times it's just because she/he's tired
- in terms of how the child thinks, on the whole, magic has resigned to reason
- child is beginning to identify with other people, for example, "How would you feel if that was done to you?"
- child can share



Some other changes which progress through the years from six on up are: feelings of self-



worth based on the child's own observation of how he/she compares with other children versus parents approval or disapproval; getting respect from peers and family in terms of the child's development of self-esteem and self-worth; development of friendship and growing social awareness, which leads to a sense of belonging.

**Recommended Books/Media**

**Kindergarten, Ready Or Not, Parent's Guide**

Sean A. Walmsley/Bonnie B. Walmsley, 1996

**Raising Our Children's Children**

Deborah Doucet-Dudman/Jeffrey LeFore, 1996

**Positive Discipline For Single Parents**

Jane Nelsen

**Kindergarten Survival Handbook**

Allan Elovson, Ph.D.

**(El Manual de Como Sobrevivir el Jardin de Ninos)**

**How to Parent so Children Will Learn**

Sylvia Rimm, M.D., Ph.D. - Three Rivers Press

**Toddler Taming Growing Learning and Living**

**Infancy to Kindergarten**

Christopher Green, M.D.

**Thinking and Learning Is Child's Play**

Evelyn Sharp, Ph.D. - Avon paperbacks

**How to Raise A Brighter Child**

Joan Beck, M.D., Ph.D. - Pocketbook paperbacks

For Parents

**Ways to Help Your Child Succeed in**

**Kindergarten**

**PA Today 1984**

Gwen Bradley

**Kindergarten: Ready or Not?**

**A Parents' Guide**

Sean Walmsley and

Bonnie Brown Walmsley

For Children

**This Is the Way We Go to School**

Jean Baer

**The New Teacher**

Miriam Cohen

**The New Girl at School**

Judy Delton

**What Will Mommy Do When I'm at School**

Delores Johnson

**It Happens to Everyone**

Bernice Myers

**When You Go To Kindergarten**

James Howe

### Community and SFUSD Resources

Family Service Agency of San Francisco offers a variety of family-friendly and supportive programs including Early Childhood Mental Health Program, Tender Lion Family Counseling Center, Family Development Center, Teenage Parenting Program, Real Alternatives Program, Foster Grandparenting and other Senior Services (families are usually multigenerational).

T.A.L.K. Line - (441-KIDS(5437) - 24-hour free telephone counseling specifically for parents under stress, drop-in and low cost in-person counseling, respite, groups, job club, etc., free child care for most services, Spanish counseling and parenting classes available.

#### Asian Pacific Island Family Hotline

Chinese	642-6850	Cambodian	642-6852
Filipino	642-6851	Vietnamese	642-6853
Laotian	641-6855		

Alternative Family Services - 550-2621 - for gay, lesbian, bisexual and transgender parents and their families: support groups, counseling, information and referral.

#### San Francisco Unified School District - Phone Numbers

##### Parent Information

Line	241-6529	
Enrollment	241-6000	
Children's Centers (before/after school and summer care)		241-6000/750-8500
Health Center - 1512 Golden Gate Avenue	749-3426	
Placement	241-6215	
Special Education		452-4620
OER	241-6000	
Placement for Recent Immigrants (Mrs. Lum)		241-6085
Employee Assistance Program	554-9580	
Human Resources		241-6162

Support for Families of Children  
with Disabilities 282-7494

Internet Resources - [www.accesseric.org](http://www.accesseric.org)  
Educational Resource Information Clearinghouse/ERIC  
A vast resource about all educational and child rearing matters.

Childcare Switchboard - 243-0111 (Office) 243-0700  
Resource and referral, parent support, information on subsidized  
programs, help in starting day care business.

United Way Helpline - 772-HELP(4357) (Spanish) 772-4440  
Provides information and referral services pertaining to  
housing, medical, food and financial assistance.

Parents' Place (WARM Line) 931-9276  
Parenting classes, educational resources, especially  
regarding child development and choosing schools.

La Casa De Las Madres 333-1515  
24-hour Crisis Line for Battered Women  
Family Violence Project

National Council on Alcoholism  
& Drug Addiction 796-9900

Wu Yee Children's Services 391-8993  
Serves the Asian community with childcare  
information, parent education and counseling

Comprehensive Child Crisis 695-5195  
24-hour mental health intervention and referral for  
children and families in immediate need

S.F. Park and Recreation Department 666-7200  
Information regarding playground activities, sports  
teams and classes (dance, art, etc.)

**Extra Services**

Many schools have extra services i.e., counseling, afterschool tutoring, music and/or art lessons. Be sure and ask whether or not a particular school has the kind of services you think your child might need.

**San Francisco Public elementary schools (All schools listed are K-5)**

For inquiries into private schools, consult your local library, telephone book family and friends.

School	Address	Telephone	Fax
Alamo E.S.	250 - 23rd Avenue, 94121	750-8456	750-8434
Alvarado E.S.	625 Douglass Street, 94114	695-5695	750-8434
Argonne E.S.	3950 Sacramento, 94118	750-8460	750-8462
Bryant E.S.	1050 York Street, 94110	695-5780	206-0538
Buena Vista E.S.	2641 - 25th Street, 94110	695-5875	695-5311
Cabrillo E.S.	735 - 24th Avenue, 94121	750-8464-	—
Carmichael E.S.	55 Sherman Street, 94103	241-6294	—
Carver E.S.	1360 Oakdale Ave., 94124	330-1540	467-7217
Chavez E.S.	825 Shotwell Street, 94110	695-5765	695-5843
Chin E.S.	350 Broadway, 94133	291-7946	291-7943
<b>Chinese Education</b>			
Center	657 Merchant Street, 94111	291-7918	677-9759
Clarendon E.S.	500 Clarendon Ave., 94131	759-2796	759-2799
Cleveland E.S.	455 Athens Street, 94112	469-4709	469-4051
Cobb E.S.	2725 California St., 94115	749-3544	749-3494
<b>Community Home</b>			
Base Ed.	1950 Mission St., 94103	241-6215	241-6299
DeAvila E.S.	1351 Haight Street, 94117	241-6325	241-6540
Drew E.S.	50 Pomona Street, 94124	330-1526	822-9210
Edison E.S.	3531 - 22nd Street, 94114	695-5848	285-0527
El Dorado E.S.	70 Delta Street, 94134	330-1537	467-2435
Fairmount E.S.	65 Chenery Street, 94131	695-5669	695-5343
Filipino Ed. Center	824 Harrison Street, 94107	543-0211	—
Flynn E.S.	3125 C. Chavez St., 94110	695-5770	695-5837
Garfield E.S.	420 Filbert Street, 94133	291-7924	664-8541
Glen Park E.S.	151 Lippard Avenue, 94131	469-4713	337-6942
Golden Gate E.S.	1501 Turk Street, 94115	749-3509	749-3437
Grattan E.S.	165 Grattan Street, 94117	759-2815	759-2875
Guadalupe E.S.	859 Prague Street, 94112	469-4718	469-4066
Harte E.S.	1035 Gilman Ave., 94124	330-1520	330-1555
Jefferson E.S.	1725 Irving Street, 94122	759-2821	759-2806
Key E.S.	1530 - 43rd Avenue, 94122	759-2811	759-2810
King E.S.	1215 Carolina Street, 94107	695-5797	695-5338
Lafayette E.S.	4545 Anza Street, 94121	750-8483	750-8472

School	Address	Telephone	Fax
Lakeshore E.S.	220 Middlefield Dr., 94132	759-2825	753-8312
Lawton E.S.	1570 - 31st Avenue, 94122	759-2832	759-2842
Lilienthal E.S.	3630 Divisadero St., 941	749-3516	—
Longfellow E.S.	755 Moore Street, 94112	469-4730	469-4068
Malcolm X E.S.	350 Harbor Road, 94124	695-5950	647-1647
Marshall E.S.	1575 - 15th Street, 94103	241-6280	—
McCoppin E.S.	651 - 6th Avenue, 94118	750-8475	—
McKinley E.S.	1025 - 14th Street, 94114	241-6300	241-6548
Milk, Harvey C.R. Academy	4235 - 19th Street, 94114	241-6276	241-6545
Miraloma E.S.	175 Omar Way, 94127	469-4734	469-4069
Mission Education Center E.S.	1670 Noe Street, 94131	695-5338	695-4069
Monroe E.S.	260 Madrid Street, 94112	469-4736	469-4070
Moscone E.S.	2355 Folsom Street, 94110	695-5736	695-5341
Muir E.S.	380 Webster Street, 94117	241-6335	431-9938
New Traditions E.S.	2049 Grove Street, 94117	750-8490	750-8479
Ortega E.S.	400 Sargent Street, 94132	469-4726	584-7972
Parker E.S.	840 Broadway, 94133	291-7990	291-7996
Parks E.S.	1501 O'Farrell Street 94115	749-3519	922-6389
Peabody E.S.	251 - 6th Avenue, 94118	750-8480	750-8487
Redding E.S.	1421 Pine Street, 94109	749-3525	749-3527
Revere E.S.	555 Tompkins Ave., 94110	695-5656	647-0879
Rooftop E.S.	443 Burnett Avenue, 94131	695-5691	695-5429
S.F. Charter E.C.	1515 Quintara St., 94116	759-2752	—
S.F. Community Sanchez E.S.	125 Excelsior Ave., 94112	469-4739	337-6879
	325 Sanchez Street, 94114	241-6380	255-9680
Serra E.S.	625 Holly Pk. Circle, 94110	695-5685	285-4727
Sheridan E.S.	431 Capitol Avenue, 94112	469-4743	469-4089
Sherman E.S.	1651 Union Street, 94123	749-3530	—
Sloat E.S.	50 Darien Way, 94127	759-2807	759-2843
Spring Valley E.S.	1451 Jackson St., 94109	749-3535	749-3555
Stevenson E.S.	2051 - 34th Avenue, 94116	759-3837	759-2844
Sutro E.S.	235 - 12th Avenue, 94118	750-8525	750-8537
Swett E.S.	727 G.G. Avenue, 94102	241-6320	626-2050
Taylor E.S.	423 Burrows Street, 94134	330-1530	468-1742
Treasure Island	13th & E Street, T.I., 94130	291-7928	291-7908
Twenty-First Cent.	2055 Silver Avenue, 94124	695-5400	695-5335
Uiloa E.S.	2650 - 42nd Avenue, 94116	759-2841	759-2845
Visitacion Valley	55 Schwerin Street, 94134	469-4590	469-4099
Webster E.S.	465 Missouri Street, 94107	695-5787	826-6813
West Portal E.S.	5 Lenox Way, 94127	759-2846	731-1137
Yick Wo E.S.	2245 Jones Street, 94133	749-3540	563-7012
Yu E.S.	1541 - 12th Avenue, 94122	759-2764	242-2507

For information about private schools, many of which have scholarships available for low income and minority students we suggest:  
**Finding a School For Your Child in San Francisco and Marin**  
 by Vera Obermeyer and others, Chronicle Books (available in most libraries and book stores).

### About the Authors

Child mental health coordinators in the Early Childhood Mental Health program at Family Service Agency of San Francisco composed this booklet over the course of a three-year grant from the Miriam and Peter Haas Foundation. The foundation provided support to local pre-schools in San Francisco that provided direct mental health treatment for at-risk children and their families. Ongoing staff support was given to help with behavioral problems that children manifest in classrooms. Mental Health Coordinators worked to create a healthy environment which would support the emotional well-being of all children.

Thank you to the authors who created this booklet:



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## Family Service Agency of San Francisco

### Mission statement



To strengthen families by providing caring, effective human services with a special emphasis on low-income families, children, seniors, and mentally ill, disabled and abused individuals.

Poverty, child abuse, divorce, aging, disability, substance abuse and mental illness weaken the ability of families to solve problems independently.

We will work to eliminate conditions that contribute to the deterioration of family life.





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