



APL Bright Futures Handout

4 Year Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

SCHOOL READINESS

Getting Ready for School

- Ask your child to tell you about her day, friends, and activities.
- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let her choose books.
- Give your child plenty of time to finish sentences.
- Listen to and treat your child with respect. Insist that others do so as well.
- Model apologizing and help your child to do so after hurting someone's feelings.
- Praise your child for being kind to others.
- Help your child express her feelings.
- Give your child the chance to play with others often.
- Consider enrolling your child in a preschool, Head Start, or community program.

CHILD & FAMILY INVOLVEMENT & SAFETY IN THE COMMUNITY

Your Community

- Stay involved in your community. Join activities when you can.
- Use correct terms for all body parts as your child becomes interested in how boys and girls differ.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.
 - No adult should ask for help with his private parts.
- Know that help is available if you don't feel safe.

NUTRITION

Nutrition

- Provide three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, or a slice of cheese.
- Offer at least 6 ounces of drinking water that contains fluoride each day. If you live an area that has well water, ask our physicians about supplemental fluoride vitamins.
- Ensure your child is eating a well-balanced diet and avoiding "junk foods" which contain too much fat, salt and sugar.
- Children at this age may start to show signs of finicky eating. Instead of coaxing and insisting that your child eat a full portion of an unfamiliar food, offer smaller portions of a variety of foods on his plate and applaud any efforts at tasting.
- Make meals a shared family event which allows your child to look forward to the conversation and fun of a family eating together.
- Refer to the website www.choosemyplate.gov for suggestions on healthy eating and proper food portions.

DEVELOP HEALTHY PERSONAL HABITS

Healthy Habits

- Have relaxed family meals without TV.
- Have the child brush his teeth twice each day using a pea-sized amount of toothpaste with fluoride.
- Have your child spit out toothpaste, but do not rinse his mouth with water.

- Create a calm and healthy bedtime routine by reading stories and encouraging your child to sleep in his own bed.
- Most children by this age will no longer nap, but do offer a "rest period" especially if your child tends to become irritable when overtired.
- Initially you may need to help your child wipe after using the toilet, but start encouraging your child to learn proper techniques. For a girl this involves teaching her to wipe from front to back.

CHILD DEVELOPMENT

Developmental Milestones

- Most children by this age are fully toilet trained, but keep in mind nighttime wetting may still occur and no specific interventions are needed at this time.
- By four years of age your child may pedal a bicycle with training wheels, hop and balance on one foot, copy a square and can draw a person with three to six body parts.
- Interactive pretend play, imaginary friends, and understanding some board games should also emerge.
- Language at this age should include complete sentences with plurals and past tense and be fully intelligible.
- A child this age can name basic shapes and colors, identifies many letters and can count to at least 10.

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK;
seatcheck.org





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SAFETY

Safety

- Use a forward-facing car safety seat or booster seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat.
- Never leave your child alone in the car, house, or yard.
- Do not permit your child to cross the street alone.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Supervise play near streets and driveways.
- Install a carbon monoxide detector in your home and have smoke detectors on every level of the house. Test smoke detectors monthly and change the batteries every year.

- Set your hot water heater temperature at or lower than 120 degrees fahrenheit.
- Apply sunscreen with SPF 15 or higher on your child's skin at least 15-30 minutes prior to outdoor activities. Reapply every 2 hours.
- If your child will be playing outdoors between dusk and dawn, be sure to spray insect repellent that contains up to 30% DEET on exposed skin as well as on clothing. The higher the percentage of DEET, the longer it will last (up to 6 hours for 30% DEET).

TELEVISION & MEDIA

TV and Media

- Be active together as a family often.
- Limit TV time to no more than 1 hour per day.
- Discuss the TV programs you watch together as a family.
- No TV in the bedroom.
- Create opportunities for daily play.
- Praise your child for being active.

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