

HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



Public Health
Prevent. Promote. Protect.

AGE - 4 YEARS



GREETINGS!

By now you know your 4-year-old has become a very unique young person with a high energy level and interested in learning about everything.

He is talking a lot and is very curious. You may often hear him ask "why?" or "how come?" He will often show his independence but he still needs the security of a loving environment.

YOUR CHILD'S HEALTH CARE

Immunizations (shots):

★ Between the ages of 4 and 6, and before entering Kindergarten your child needs to have booster shots.

★ Influenza yearly

Don't forget to take your child's immunization record with you when you have these immunizations done.

Well-Child Check-Ups:

★ It is time for him to have his 4-year-old check-up. Please make an appointment soon. It is also time for him to have his pre-school screening if he hasn't had it already. Please call your local school for more information.

★ Remember your dental check-ups.

ACTIVITY TIP

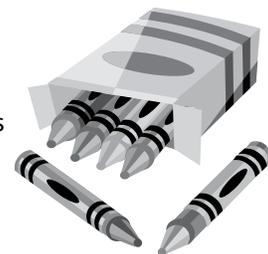
Make play dough and play with your child

Recipe: 2 c. flour
1 c. salt
2 TBSP oil
Food coloring

Mix all together. Store in air tight container.

YOUR GROWING CHILD

- ✿ Can stand alone on one foot for at least 5 seconds
- ✿ Can hop on one foot 2 times
- ✿ Can skip using one foot and then the other
- ✿ Can cut and paste with practice
- ✿ Can wash and dry hands
- ✿ Can brush teeth independently, but continues to need you to do it for him
- ✿ May know the alphabet
- ✿ Can count 10 or more objects
- ✿ Can name 4 colors
- ✿ Wants to be like friends



FEEDING YOUR CHILD

- ❖ He should be able to use a fork and spoon well.
- ❖ Use caution when serving hot liquids.
- ❖ Give small portions and let him ask for seconds if he wants them.
- ❖ Offer finger foods such as crackers.
- ❖ Do not give him a lot of sweets.
- ❖ Cheese cubes or fresh fruit pieces on a colored toothpick are nutritious and enticing snack.
- ❖ Do not be concerned if his appetite varies from time to time.
- ❖ Food likes and dislikes are becoming more apparent.
- ❖ Do not use food as a reward.
- ❖ He should drink at least 2-3 cups of milk each day.

Common Health Concerns

INJURIES:

The most common injuries causing hospitalization in 4 year olds are due to:

- Falls (that cause head injuries)
- Poisonings - mainly from taking drugs. (Aspirin is the most common.)
- Burns from fires, hot liquids, or hot surfaces.
- Suffocation

The most common injuries causing death are due to:

- Burns from fires
- Being hit by a car while walking
- Being in a car accident while not using a seat belt
- Drowning

FARM INJURIES:

The most common farm injuries occur during spring planting and summer/fall harvest between 3-6 p.m. They are caused by:

- Corn augers
- Power take offs
- Conveyer belts

Children have broken bones, been severely cut, or lost an arm or leg. These injuries are the result of poor supervision or by children operating complex machinery.

As you can see, it is very important for parents to always think about possible injuries before they occur and try to prevent them. Please follow the safety tips in each newsletter.

ACTIVITY TIP

Promote imaginative play and gender recognition such as "dress-up" and "play house".

POSITIVE PARENTING

- ★ He is totally toilet trained but may have "accidents" because he is busy playing, no bathroom is available, or because he is sleeping. Be careful not to scold him. Use positive reinforcement. It is not uncommon for children to wet the bed for several more years, however, if they have been dry at night and start to wet the bed, discuss this with your health care provider.
- ★ Reward positive behavior such as sharing, taking turns, helping, etc. Reward with praise, hugs, reading a book, etc.
- ★ Bring him to the zoo or museum. He will love to learn.
- ★ Some children like to play make believe games like imitating action figures like the Turtles. This is a normal stage of development.

- ★ Recognize that play is the way children learn about themselves and their world.

- Allow your child to play with other children his own age.
- It is normal for children this age to touch their own genitals & to be curious about "boys and girls."
- Allow him to help set the table.
- Continue to read to your child.
- Limit TV time & monitor the shows you allow him to watch.
- Play is serious business to children. Through play children learn about themselves and the world in which they live.



Safety Check

- ✓ All children under age 13 should ride in the back seat even after they outgrow their child safety seat. Children under 80 lbs. up to 4 feet nine inches tall should ride in a booster seat.
- ✓ Teach him to watch for traffic.
- ✓ Teach color of traffic lights and what they mean.
- ✓ Keep firearms, matches, poisons and tools out of reach.
- ✓ Keep medicines out of reach.
- ✓ Keep hot water heater temperature no greater than 120 F.
- ✓ Continue to teach name, address and phone number and 911.
- ✓ Stress to not accept items from strangers.
- ✓ Teach about "bad touch" and to tell you if it ever happens.
- ✓ Supervise him around any body of water and use a life jacket.
- ✓ Use a sunscreen (at least #15) when he is outside
- ✓ Wear a safety helmet when riding a bike, skateboard, scooters, rollerblades and skates.
- ✓ Take a first aid course and learn CPR.

Enjoy your wonderful 4-year-old. Take time to capture many of his activities on film and/or tape for years and years of future enjoyment.

Feel free to call me if you wish to discuss any concerns you may have about your child's growth and development. Let me know if you have any change of name, address, or phone number.

I will send another newsletter before your child is 5 years old.



Public Health
Prevent. Promote. Protect.

218-281-3385
www.co.polk.mn.us

Codi Jo Lehmann, RN, PHN
Email: codi.lehmann@co.polk.mn.us





Public Health

Prevent. Promote. Protect.

Polk County Public Health

PO Box 403

Crookston, MN 56716

Address Service Requested

TO:

4 YR.