



## 4 Year Visit

### 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 and insist others do the same.
- 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. Let us know if we can help.

### 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 help is available if you don't feel safe.

### Healthy habits

- Have relaxed family meals without television.
- Create a calm bedtime routine.
- 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.

*Listen to and treat your child with respect and insist others do the same.*

### 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 outgrows her forward facing seat, her shoulders are above the top of the 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 let young brothers and sisters watch over your child.
- Do not permit your child to cross the street alone.
- Supervise play near streets and driveways.
- Store firearms unloaded and locked with the ammunition locked up separately from the gun.

### TV and Media

- Be active together as a family often.
- Limit TV time to no more than 2 hours 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.

### What to expect at your child's 5-year visit

#### We will talk about...

- Preparing for school.
- Keeping your child's teeth healthy.
- Dealing with your child's temper problems.
- Eating healthy foods and staying active.
- Safety outside and inside.

Questions or concerns? Call Tanner Clinic at 801-773-4840.