



Bright Futures Parent Handout 4 Year Visit

Here are some suggestions from 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. Let us know if we can help.

CHILD AND FAMILY INVOLVEMENT AND 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.

DEVELOPING HEALTHY PERSONAL HABITS

Healthy Habits

- Have relaxed family meals without TV.
- 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.

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.

SAFETY

TELEVISION AND MEDIA

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 and 6 Year Visits

We will talk about

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

Poison Help: 1-800-222-1222

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

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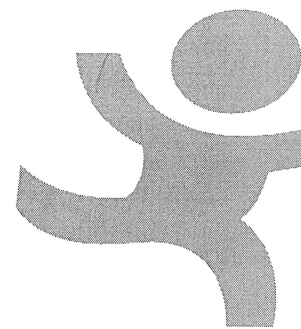
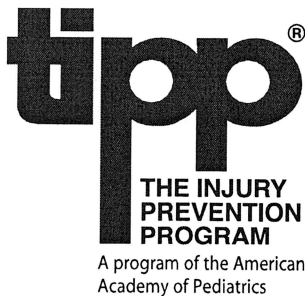
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5 Years



5 YEARS

Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries!**

At age 5, your child is learning to do many things that can cause serious injury, such as riding a bicycle or crossing a street. Although children *learn fast*, they still cannot judge what is safe. You must protect your child. You can prevent common major injuries by taking a few simple steps.

Bike Safety

Your child should always wear a helmet when riding a bike. Buy the helmet when you buy the bike! **Make sure your child wears a helmet every time he or she rides.** A helmet helps prevent head injuries and can save your child's life.

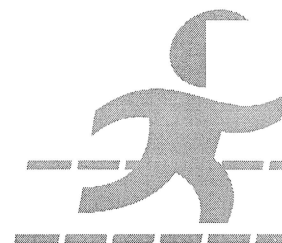
Never let your child ride a bike in the street. **Your child is too young to ride in the street safely.**

Be sure that the bike your child rides is the right size. Your child must be able to place the balls of both feet on the ground when sitting on the seat with hands on the handlebars. Your child's first bicycle should have coaster brakes. Five-year-olds are often unable to use hand brakes correctly.



Street Safety

Your child is in danger of being hit by a car if he or she darts out into the street while playing. Take your child to the playground or park to play. Show your child the curb and **teach him or her to always stop at the curb and never cross the street without a grown-up.**

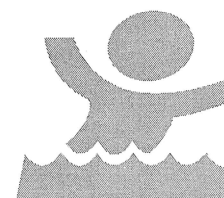


Water Safety

Now is the time to teach your child to swim. Even if your child knows how to swim, **never let him or her swim alone.**

Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. **NEVER** let your child swim in canals or any fast-moving water.

Teach your child to never dive into water unless an adult has checked the depth of the water. **And when on any boat, be sure your child is wearing a life jacket.**



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Fire Safety

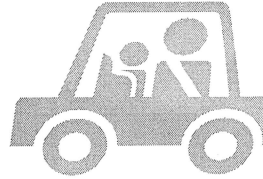
Household fires are a threat to your child's life, as well as your own. **Install smoke alarms on every level** in your house, especially in furnace and sleeping areas, and **test the alarm every month**. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries once a year.

Teach your child not to play with matches or lighters, and keep matches and lighters out of your child's reach. Also, do not smoke in your home. Many home fires are caused by a lit cigarette that has not been put out completely.



Car Safety

Car crashes are one of the **greatest dangers** to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. **To prevent these injuries, correctly USE a car safety seat or belt-positioning booster seat and seat belt EVERY TIME** your child is in the car. Your child should use a car safety seat with a harness until he reaches the seat's upper weight limit or his ears come to the top of the seat, and then he should use a belt-positioning booster seat. Your child is not big enough to fit in the adult seat belt yet. **The safest place for all children to ride is the back seat.** Set a good example. Make sure you and other adults buckle up, too!



Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. Handguns are especially dangerous. It is best to keep all guns out of the home. If you choose to keep a gun, it should be kept unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.



Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared...for your child's sake!

SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to start learning how to prevent injuries. The games below are designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.


It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.

Bike Safety

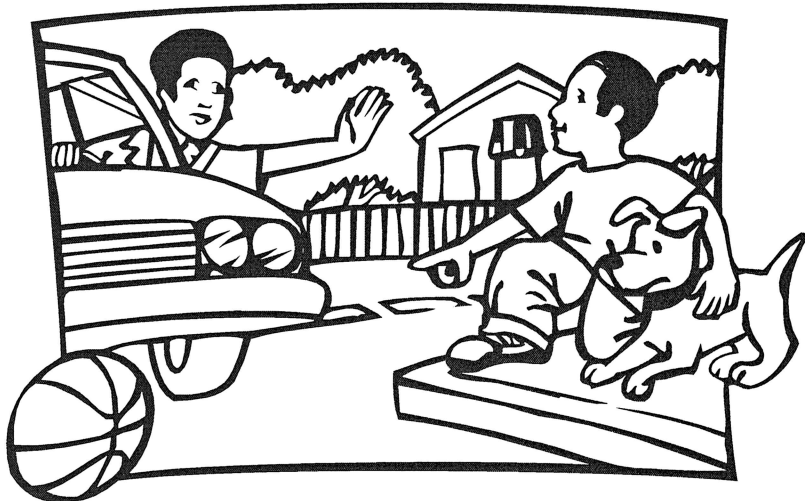
Always wear a  when you ride your 
Get the Helmet Habit!

Street Safety

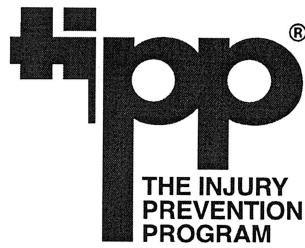
Never run into the street. The street is not safe for kids.

When you come to the curb... 
Directions: Show John the curb. Color the curb. Then color the picture.

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Safety Tips for Home Playground Equipment

- Carefully supervise young children using playground equipment. Keep children from shoving, pushing, or fighting.
- The surface under playground equipment should be energy absorbent. Use safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches.
- Install the protective surface at least 6 feet (more for swings and slides) in all directions from the equipment.
- Swing seats should be made of something soft, not wood or metal.
- Children should not twist swings, swing empty seats, or walk in front of moving swings.
- Put home playground equipment together correctly. It should sit on a level surface and be anchored firmly to the ground.
- Cap all screws and bolts. Check periodically for loose nuts and bolts and broken, rusty, or sharp parts.
- Install playground equipment at least 6 feet from fences or walls.
- Check for hot metal surfaces on equipment, such as those on slides, which could cause burns.
- Never attach ropes, jump ropes, clotheslines, or pet leashes to playground equipment because children can strangle on them.

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Caring for Your Child's Teeth

Almost 1 in 4 children in America will have a **cavity** (KA-vuh-dee) before turning 4 years of age! That's why it's very important for parents to know how to care for their children's teeth.

Things You Can Do to Care for Your Child's Teeth

Birth to 1 Year

- After feedings, gently brush your baby's gums and any baby teeth with water and a soft baby toothbrush. Or wipe them with a clean washcloth or gauze.
- After the first tooth comes in, ask your child's doctor if your child is getting enough **fluoride***.
- Your child's doctor will check your baby's mouth at well-child visits. Babies at high risk for decay will be sent to a dentist.

1 Year to 2 Years

- Brush your child's teeth twice a day with water and a soft baby toothbrush. The best times are after breakfast and before bed. Start when your child has any teeth.
- Make sure your child doesn't drink more than a small cup of juice each day. Only drink juice at mealtime, not in between.
- Take your child for a dental checkup if your child has not had one yet.

2 Years to 6 Years

- Brush your child's teeth twice a day. Help your child brush. Or repeat the brushing after your child is done. Children this age need to learn to brush, but they can't really do a good job yet.
- Start using a fluoride toothpaste. Teach your child not to swallow it. Use only a pea-sized amount and smear the paste into the bristles. Too much fluoride can make white or brown spots on your child's adult teeth.
- Floss between any teeth that touch each other.
- Take your child for a dental checkup at least once a year.



6 Years and Up

- Have your child brush his or her teeth **twice a day** with fluoride toothpaste.
- Teach your child to floss every night after brushing.
- Take your child for a dental checkup at least once a year.

What Else You Can Do

Make sure your child has regular checkups with a dentist. Your child's doctor will also look at your child's teeth and gums during well-child visits and help you find a dentist if the teeth have early tooth decay.

Make sure you have healthy teeth and gums. You can pass germs that cause cavities if you share food or drinks with your child.

Don't share food or drinks with your child. If you do you can pass germs that cause cavities and gum disease. You can also pass germs that cause cavities if you lick your child's spoon or pacifier.

Call the dentist if you are worried about tooth decay and other problems. If you don't have a dentist, call your child's doctor to help you find one. Only a dentist can treat tooth decay.

* Words to Know

fluoride (FLOR-eyed)—a natural chemical that helps teeth stay strong and helps prevent tooth decay. It hardens the outer coating on the teeth called enamel. Fluoride also helps repair early damage to teeth.

permanent (PUR-muh-nint)—lasting for a lifetime. Permanent teeth replace baby teeth one by one in your child's mouth. If your child loses a permanent tooth, it *won't* grow back.

Continued on back

Continued from front

What Is a Cavity?

An outer coating called enamel protects teeth. **Tooth decay** happens when germs in the mouth mix with sugar in foods and drinks. The germs then make acids that break down the enamel. **Cavities** (KA-vuh-deez) are holes in the enamel caused by tooth decay.

Cavities may look like white or brown spots on the teeth. You might also see white lines on the teeth where they meet the gums.

Tooth decay in your baby's teeth used to be called baby bottle tooth decay, but is now called early childhood caries. **Caries** (KAIR-eez) is another word for tooth decay.

Eating and Tooth Decay

To help prevent tooth decay in your infant or child:

- Don't put your child to bed with a bottle with anything other than water.
- Don't let your child suck on a bottle or sippy cup with anything other than water except at feeding times.
- Don't let your child eat sweet or sticky foods, like candy, cookies, or fruit roll-ups. There is sugar in foods like crackers and chips too. These are especially bad if your child snacks on them a lot. They should only be eaten at mealtime.
- Don't let your child sip drinks that have sugar and acid, like juices, sports drinks, flavored drinks, soda pop, or flavored teas.

How Does My Child Get Fluoride?

Fluoride can be added to drinking water and toothpaste. Your water department can tell you if your tap water has fluoride. If your water comes from a well, get a fluoride water test. If needed, your dentist or child's doctor will give your child fluoride drops or pills to take every day, or may suggest you buy bottled water with fluoride. Your child may also get fluoride treatments (varnish or gel) at a medical or dental visit.

Do Pacifiers or Thumb and Finger Sucking Hurt Teeth?

Sucking a pacifier, thumb, or fingers can affect the shape of the mouth, and how the top and bottom teeth line up. This is called your child's "bite."

It's OK if you give your baby a **pacifier**, but...

- Wait until your baby is 1 month old if you're breastfeeding.
- Do not dip the pacifier in any sweet liquid.
- Wash and replace the pacifier often.

If your child sucks his or her **thumb or fingers**...

- Your child's bite will most likely be OK if he or she stops sucking by 4 or 5 years of age. That's when the **permanent*** teeth start coming in.
- Ask your child's dentist or doctor about how to help your child stop his or her sucking habits.

To learn more, visit the American Academy of Pediatrics (AAP) Web site at www.aap.org or visit the American Academy of Pediatric Dentistry Web site at www.aapd.org.

Your child's doctor or dentist will tell you to do what's best for your child. This information should not take the place of talking with your child's doctor or dentist.

We hope the resources in this handout are helpful. The AAP is not responsible for the information in these resources. We try to keep the information up to date but it may change at any time.

Adaptation of the AAP information in this handout into plain language was supported in part by McNeil Consumer Healthcare.

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Feeding Kids Right Isn't Always Easy: Tips for Preventing Food Hassles



Young children need nutrients from a variety of foods to stay healthy. But what if your child only eats macaroni and cheese or will not eat any vegetables?

Read on for information from the American Academy of Pediatrics on how to encourage positive eating habits and how to prevent food hassles. If you have specific questions about your child's nutrition, talk with your child's doctor or a registered dietitian.

How to encourage positive eating habits

When children learn positive eating habits at a young age, they will make healthy food choices as an adult. Parents can

- Set a good example. The best predictor of a child with a healthy weight and lifestyle is parents with a healthy weight who make wise food choices and exercise regularly.
- Get your child involved in meal planning. Read recipe books together. Put your child in charge of writing down a grocery list and go shopping together. During trips to the grocery store you can introduce new foods and also teach your child how to make healthy and nutritious choices. Ask your child to help with measuring out ingredients.
- Try to serve snacks and meals around the same time each day.
- Schedule at least one meal together as a family. Research suggests that having dinner together as a family on a regular basis has positive effects on the development of children. And time spent together can be fun and bring family members closer together. Remember to turn off the TV.
- Give your children a 5-minute warning before mealtime. A 5-minute warning will give your children a moment to calm down, wash their hands, and get ready to eat. (Encouraging your children to wash their hands thoroughly before meals will help prevent foodborne illness.)
- Set up mealtime rules. Children who are anxious, excited, or tired may have trouble settling down to eat. Sometimes a simple "food rules" chart on the refrigerator helps to keep things in order. Examples of food rules include (1) come to the table with clean hands, (2) help when asked, and (3) do not make bad comments about food served or what others are eating.

Work up an appetite!

Active play, along with eating right, promotes good health...and a healthy appetite! And it is the best exercise for toddlers and young children.

What to do when mealtime is a hassle

Well-meaning adults often view a child's odd food and eating behaviors as a problem. However, childhood food jags, a fear of new foods, and other feeding challenges are usually a part of normal development.

There's no need to worry if a child skips a meal or won't eat the vegetables on his or her plate. Keep the big picture in mind. Offer a variety of healthy, nourishing foods. Be creative! A variety of colors, kid-friendly shaped foods, and foods arranged on the plate in an appealing manner can entice children to try foods they might otherwise avoid. Provide nutritious snacks to help round out picky eating habits during meals. Over time, a child will get everything needed to grow and develop normally.

Do not force your children to eat. While parents are the best judges of what children should eat and when, children are the best judges of how much they should eat. Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve.

Children often use the table as a stage for showing their independence. Sometimes food is not the issue at all. The eating process is just one more way children learn about the world.



The feeding challenge...	What you can try...
Food jags: Eats only one food, meal after meal	<ul style="list-style-type: none"> • Make sure your child is hungry when mealtime comes. Offer only healthy snacks, and do not offer snacks too close to mealtime. • Let your child eat what he wants if the jag food is healthy. • Offer other foods at each meal before the jag food. • Be patient. After a few days, your child likely will try other foods. Food jags rarely last long enough to cause any harm.
Food strikes: Refuses to eat what's served, which can lead to "short-order cook syndrome"	<ul style="list-style-type: none"> • Make sure your child is hungry when mealtime comes. Offer only healthy snacks, and do not offer snacks too close to mealtime. • Have whole-grain bread and rolls as well as fruit available at each meal, so there are usually choices that your child likes. You shouldn't prepare separate meals for each child, unless you want to be a short-order cook. • Don't be afraid to let your child go hungry if she won't eat what is served.
"The TV habit": Wants to watch TV at mealtime	<ul style="list-style-type: none"> • Turn off the TV during meals. Watching TV during meals is a distraction that prevents family interaction and interferes with a child's eating. Mealtime is often the only time during the day that families can be together.
The complainer: Whines or complains about the food served	<ul style="list-style-type: none"> • If your child whines and complains about the food offered, encourage her to eat what she can. If she continues to whine and complain, have her go to her room or sit quietly away from the table until the meal is finished. She can return and finish her meal only if she promises not to complain. • If your child is hungry and wants to come back to finish eating, let her know that it's good to have her rejoin the family. • Avoid letting her take food away from the table to eat, return for dessert, or snack until the next planned meal or snack time.
"The great American white food diet": Eats only white bread, potatoes, macaroni, and milk	<ul style="list-style-type: none"> • Encourage your child to eat what he can. Do not force your child to eat other foods. Giving more attention to finicky eating habits only reinforces a child's demands to limit foods. • Offer a variety of foods from all the food groups. • Be patient. Eventually your child will move on to other foods.
Fear of new foods: Refuses to try new foods	<ul style="list-style-type: none"> • Model eating and enjoyment of new foods yourself by introducing new foods at each meal. • Encourage your child to allow a small portion of the new food to sit on her plate instead of forcing her to try new foods. • Be patient. It may take many tries before a child is ready to taste a new food...and a lot of tastes before a child likes a new food.

Note: Do not feed children younger than 4 round, firm food unless it is chopped completely. The following foods are choking hazards: nuts and seeds; chunks of meat or cheese; hot dogs; whole grapes; fruit chunks (such as apples); popcorn; raw vegetables; hard, goeey, or sticky candy; and chewing gum. Peanut butter can be a choking hazard for children younger than 2.

For more information

American Academy of Pediatrics

www.HealthyChildren.org

Academy of Nutrition and Dietetics

www.eatright.org and www.kidseatright.org

US Department of Agriculture and other federal government agencies

www.nutrition.gov (includes information about the new food group symbol, MyPlate, which replaced MyPyramid)

Developed in collaboration with the Academy of Nutrition and Dietetics (formerly American Dietetic Association). For more information about the Academy of Nutrition and Dietetics, visit their Web site at www.eatright.org.

Listing of resources does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this publication. Web site addresses are as current as possible, but may change at any time.

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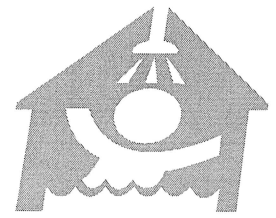
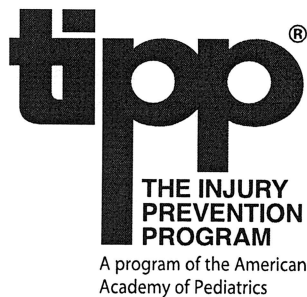


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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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Web site — www.HealthyChildren.org

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Home Water Hazards for Young Children

Each year many young children drown in swimming pools, other bodies of water, and standing water around the home such as

- Bathtubs, even with baby seats or bathtub “supporting ring” devices
- Buckets and pails, especially 5-gallon buckets and diaper pails
- Ice chests with melted ice
- Toilets
- Hot tubs, spas, and whirlpools
- Irrigation ditches, post holes, and wells
- Fish ponds, fountains

Children must be watched by an adult at all times when in or near water. Children may drown in an inch or 2 of water. Stay within an arm’s length of your child.

Other safety activities include the following:

- Empty all buckets, pails, and bathtubs completely after each use—do not leave them filled and unattended.
- Keep young children out of the bathroom unless they are closely watched. Teach others in the home to keep the bathroom door closed. Install a hook-and-eye latch or doorknob cover on the outside of the door. Always close the toilet lid, and consider using a toilet lid latch.
- Never leave a child alone in a bathtub or in the care of another child, even for a moment. A bath seat is not a safety device and is not a substitute for adult supervision.
- Use a rigid, lockable cover on a hot tub, spa, or whirlpool, or fence in all 4 sides as you would for a swimming pool.
- The hottest temperature at the faucet should be no more than 120°F to avoid burns. In many cases you can adjust your water heater.
- Throw away or tightly cover water or chemical mixtures after use.
- Watch children closely when they are playing near wells, open post holes, or irrigation or drainage ditches. Fill in empty holes or have fences installed to protect your child.
- Learn CPR and know how to get emergency help.

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