

## **FOUR YEARS OLD**

### **SAFETY**

Because accidents are common in this age group, it is important to prevent them and potentially save your child's life. Make sure your child is supervised at all times especially near water, streets and playgrounds. Make arrangements for mature supervision, if you are not present.

- Water safety: no swimming alone or during lightning storms. Teach swim safety rules, such as no running or pushing for pools or any other swimming areas. Provide swim lessons.
- Bike and street safety: teach children to wear helmets, make sure the bike is the proper size for your child and enforce the "rules of the road" like no night riding or double riding.
- Playground safety: closely supervise, follow suggested rules and teach your child their name, address and phone number.
- Gun safety: lock-up all firearms, teach children not to play with any gun because it may be real and loaded.
- Home safety: lock-up electrical tools, matches, alcohol and poisons. Test your smoke and carbon monoxide detectors and water temperature regularly. Keep your home smoke free.
- Yard safety: provide a safe playground (trampolines are not recommended) and a child proof fence around water or pools. Be careful with lawn mowers and always check behind your car before backing up.
- Sun safety: Continue to use waterproof sunscreen on exposed skin applied one hour before and frequently reapplied.
- Car safety: Continue to place children in the back seat properly secured in a car or booster seat that is installed correctly.  
Contact **1-866-SEAT-CHECK, SEATCHECK.ORG**
- Learn CPR and the Heimlich maneuver.
- **POST EMERGENCY NUMBERS: 911,  
Poison control 1-800-222-1222**

### **HEALTH AND NUTRITION**

- EYES: A complete eye exam by an ophthalmologist is recommended between the ages of 4-6 yrs.
- TEETH: Schedule regular dental exams with a pediatric dentist. Supervise twice daily brushing of your child's teeth.
- EARS: A hearing evaluation is recommended between the ages of 4-6 yrs. \*This can be done in our office\*
- Serve three regular meals and two nutritious snacks each day. To avoid food struggles, offer some choices to your child. Try to eat together and make meal time pleasant.

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### **DEVELOPMENT**

- Speech can be understood by strangers 90% of time.
- Knows name, can recite numbers, colors, and sings a song.
- Can hop and balance on one foot. Can ride a tricycle or bike.
- Uses scissors, buttons clothes, draws simple person and copies a cross.

### **PARENTING**

- Provide firm and consistent discipline in a loving, praising and understanding way.
- Set limits clearly. Explain consequences of misbehaving up front such as time-out or removal from situation.
- Provide a set bed-time routine and allow for 10-12 hours of sleep.
- Read books, promote regular physical activity, and provide opportunities for socializing with playmates.
- Limit and supervise television viewing.

### **HELPING YOUR CHILD TO LOVE READING!**

- Read aloud to your child at all ages, even very young ones. Make it a fun family time of day even when the child is old enough to read to you.
- Fill your home with books everywhere and make comfortable and well lit areas for reading.
- Show your child, by example, and let them see you reading for fun.
- Join the public library or visit a bookstore often. Browsing among books can be addictive and gives children ideas.
- Let children choose their own books at the library or bookstore. Everyone reads more eagerly when they make their own choice.
- Encourage your child to write by leaving funny messages and asking them to respond.
- Subscribe to magazines and/or newspapers for your child.

### **Here are some kids magazines at [Cobblestonepub.com](http://Cobblestonepub.com) :**

Ages 0-7: *Babybug* (board book), *Ladybug* (stories & activities), *Click* (science)  
Ages 7-10: *Spider* (fiction), *Ask* (Arts & Science), *Appleseeds* (history & culture)  
Ages 9-up: *Calliope* (world history), *Cobblestone* (US history), *Faces* (cultures), *Cricket* (fiction), *Odyssey* (science), *Dig* (archeology).

**Other kids magazines:** *Dolphin Log* (sealife) [dolphinlog.org](http://dolphinlog.org) , *National Geographic World* (science) [nationalgeographic.com](http://nationalgeographic.com), *Time for Kids* [timeforkids.com](http://timeforkids.com) *Owl* (science), [owlkids.com/owl/](http://owlkids.com/owl/), *Sports Illustrated for Kids* [sikids.com](http://sikids.com), *Boys life* [boyslife.org](http://boyslife.org),

**Some web sites:** [starfall.com](http://starfall.com), [scholastic.com/kids/](http://scholastic.com/kids/), [eduplace.com/kids/hmr](http://eduplace.com/kids/hmr), [lovereading4kids.co.uk/](http://lovereading4kids.co.uk/) , [pbskids.org/readingrainbow](http://pbskids.org/readingrainbow) .