

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

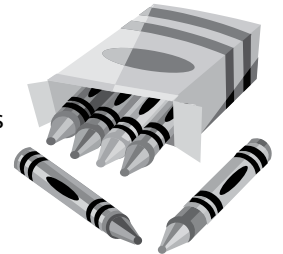
Make play dough and play with your child

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.



Public Health

Prevent. Promote. Protect.

Polk County Public Health

PO Box 403

Crookston, MN 56716

Address Service Requested

TO:

4 YR.