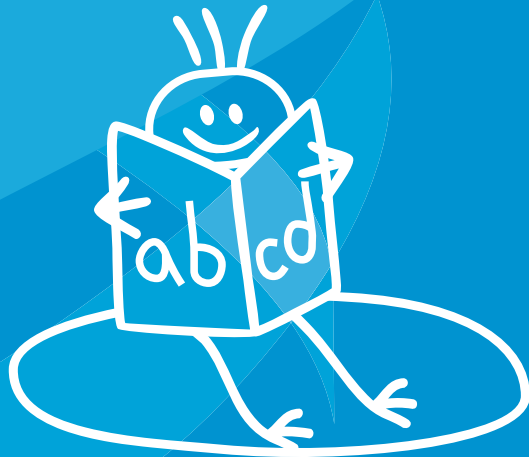


Now I am 4,
(preschool
and beyond)



What I need

Some helpful tips for caring for your child.

<p>Sleep and settling</p>	<p>Most children sleep through the night and some may also need a daytime sleep</p> <ul style="list-style-type: none"> > Your child may still wake at night and feel anxious. This is not misbehaving. If they come in to your room or call out, try to settle them back in their own bed
<p>Diet</p>	<p>Take healthy eating habits from home on to kindy and school</p> <ul style="list-style-type: none"> > Food for lunch boxes does not need to come in packets – fresh fruit and vegetables make great lunch box snacks > Offer regular drinks of water at home, and pack a bottle of tap water in your child's lunch box > Sweet drinks, lollies and salty snacks are not good for children – these foods are best only on special occasions <p>For more information go to www.cyh.com or call the Parent Helpline on 1300 364 100</p>
<p>Safety</p>	<p>Children still need you to keep them safe</p> <ul style="list-style-type: none"> > Children should not use a stove or microwave as they may burn themselves. Keep matches and lighters out of reach > Children should only play with equipment that is suitable for their age. As they learn to use bikes, scooters or skates they need to wear protective gear (helmets, knee and elbow pads) > Children need to be in a child's car seat until they are 7 years old <p>For more information go to www.kidsafe.com.au or call 08 8161 6318</p> <ul style="list-style-type: none"> > Keep your home and car smoke free. For help to quit smoking call the Quitline on 137 848
<p>Teeth</p>	<p>Teaching your child how to look after their teeth will help them develop healthy habits</p> <ul style="list-style-type: none"> > Brush teeth twice a day – after breakfast and before going to bed at night. From 18 months to 5 years, use low fluoride children's toothpaste > Help your child to brush until they are 8 years old > Choose snacks and drinks that are low in sugar. Fruit and water are healthy choices > Tap water and milk are the best drinks for healthy teeth <p>For more information visit www.sadental.sa.gov.au or call 08 8222 8222</p>

You and your child	<p>Be a good role model. Your child learns how to behave from watching you</p> <ul style="list-style-type: none">> At this age your child is able to express their feelings. They love silly jokes and have a sense of humour> Your child is now very independent and likes to make choices about what to eat, wear and play> Your child is sharing more often and can take turns. They may not want to share their favourite things> Children at this age respond well to simple rules at home. Show your child what is expected and keep rules consistent> Adult approval is very important for your child and they will look for recognition and acknowledgement> If you are a Dad or another special person for your child, try to spend time with them
Immunisation	<p>Now your child is nearly ready for school, it is important that all immunisations are up to date, including those due at 4 years of age</p> <ul style="list-style-type: none">> Details are included on the immunisation schedule in the immunisation section of this record> Extra immunisations may be due at 4 years of age for children with specific medical conditions. Talk with your immunisation provider> For general information call the Immunisation Section, SA Health 08 8226 7177 or Parent Helpline 1300 364 100. Visit www.immunise.health.gov.au and/or www.ncirs.edu.au
Starting school	<p>Starting preschool, kindergarten or school is an exciting time and a big change for young children and their family</p> <p>The following suggestions can help your child adjust to this change:</p> <ul style="list-style-type: none">> Think about what school would suit your child and what choices you have> Show them where the school is> Visit the school with them> Drive past it as often as you can> Talk with them about what will happen at school <p>You can take this record when you enrol your child at school.</p>

Help me grow and learn

Children develop at different rates.

Use this checklist to keep track of your child's development and bring to your child's 4 year health check.

The 4 year health check can be carried out by your doctor, paediatrician or child and family health nurse.

Now I am 4	Age first noticed
I am talking and can	
Use sentences of about 6 words with correct grammar	
Talk about things which are happening, have happened or might happen	
Explain why something happens such as 'Mum's car stopped because the petrol ran out'	
Explain the function of objects such as 'my hat keeps the sun off'	
Follow 3 directions such as 'stand up, get your bag and wait by the door'	
Say how I feel and tell you my ideas	
Be interested in writing, numbers and reading things	
Speak clearly enough to be understood	
I am moving well and can	
Throw a ball while standing	
Catch a ball with both hands	
Stand on one foot for a short time	
Walk on tiptoes	
Hop and skip	
Ride a pedal bike	

I am seeing and using my hands and can	
Colour inside a shape	
Draw a person	
Copy a cross and square	
Begin to trace the letters of my name	
Cut with (safe) scissors and paste pictures with an adult watching me	
Recognise detail in pictures	
I am thinking and working things out and can	
Understand opposites (high/low, wet/dry, big/little)	
Recognise 6 to 7 colours	
Count up to 15 without any mistakes	
I am learning to be sociable and can	
Understand the meaning of right and wrong	
Be sensitive to the feelings of others	
Serve myself with some food using a spoon or fork	
Wash and dry my hands without help	
Say my name, age, where I live	
Dress and undress myself including buttons and zips	
Use the toilet by myself	
Take turns with other children	

How to help me grow and learn

Your child learns best if you spend time and play with them. Here are some ways you can do this.

- > Remember I learn more through play than watching the TV or DVDs
- > Stay close to me when I am eating to keep me safe
- > Encourage my reading and read to me
- > Play active games with me
- > Take me to the park
- > Take me for a visit to my school
- > Water activities (learning to swim at the pool or beach – but always watch me when I am in the water)
- > Encourage me to look at things in the distance as well as close
- > Help to explore, encourage my efforts, enjoy with me
- > Help me to trace the letters of my name
- > Encourage me to add detail to my drawings
- > Sit with me when I cut with the scissors
- > Practising can help me develop my skills
- > If I need to wear glasses tell me that “glasses look cool”
- > If I need to wear a patch to help my eyes, encourage me to wear it
- > Children like to make friends – make sure you know where I am and who is looking after me

When to seek help

If you are concerned about anything on the *Help me grow and learn* checklist or notice any of the below, see a child and family health nurse or doctor.

If your child is

- > Not speaking clearly and understood by others
- > Not able to do things that other children of the same age are doing easily
- > Not relating well to others
- > Needing to hold on to something to walk
- > Falling over a lot or losing balance
- > Frequently rubbing their eyes, or their eyes are watering or discharging
- > Tilting their head when looking
- > Sitting too close to the TV
- > Holding a book too close to their face
- > Or if their eye(s) turn in toward the nose or outwards, or wobble

A child and family health nurse or doctor can listen, reassure or provide referrals to services that can help your child.

More detailed information is available on www.cyh.com or call the Parent Helpline 1300 364 100

