

My Child at 4 years



Preschool Shots

My 4 year shots may include:

- DTaP
- Polio
- MMR (measles, mumps, rubella)
- Varicella (chickenpox)
- Hepatitis A
- Pneumococcal
- Flu



If I'm missing any of these shots, please call my health care provider or the Health Department (1-800-432-4121) to make an appointment.

Show me love by . . .

- Giving me a safe area to play both inside and out.
- Allowing me to use boxes, cages and jars to hold insects I catch.
- Playing make-believe with me.
- Giving me simple choices whenever possible like what to wear, play or what to eat for a snack.
- Letting me solve my own problems with friends but jumping in if I need help.
- Teaching me outdoor games like Tag, Follow the Leader and Duck, Duck, Goose.
- Dancing with me.
- Answering my many, many questions honestly. I'm not trying to annoy you, I'm just very curious about everything.

Keep me safe...and please...

- Choose safe toys.
- Lock up firearms, matches, and poisons.
- Continue to use a booster seat and car seatbelts.
- Instruct me not to go with strangers or allow touching I don't like.
- Know that I can get upset with simple changes in my routine.

Happy Birthday!

- ♥ Your child is a bundle of energy; turning somersaults, swinging, and playing games with friends.
- ♥ Your child likes to play with other children, and also really enjoys doing fun things with you.

Watch me grow! I can . . .

- Grow 2 to 2 1/2 inches per year.
- Gain about 5 pounds per year.

What I need . . .

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 3 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
 - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 4 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 8 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To eat when I'm hungry.

Don't forget . . . I can

- Play well with several children.
- Be independent.
- Boast and tattle.
- Have strong periods of likes and dislikes.
- Have a hard time telling the difference between what's real and make-believe.

You can take care of my oral health by...

- Taking me for a dental check-up. If you have Medicaid, Healthy Kids Delta Dental, call 1-877-321-7070 to find out about Dental Clinics North.
- Helping me with brushing teeth twice a day.

Exploring my world . . . I can

- Skip and hop on one foot.
- Pedal a tricycle.
- Have a vivid imagination including imaginary playmates.
- Use a pencil and scissors.
- Name 3-4 colors and count from 1-5.
- Sing songs.
- Ask why, when and how.
- Play “mom” or “dad”.
- Tell stories.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Get dressed without help
- ✓ Play card or board games
- ✓ Copy a “+”
- ✓ Skip and hop on one foot
- ✓ Use a pencil or scissors
- ✓ Use all the words in a sentence (i.e., “Are you coming, too?” or “Is there a toy to play with?”)



The Path to Reading...

4 years

You can:

- ★ **Visit and talk about interesting places.** Go to the library, the park, or a museum. Talk about what you see and hear. Point out how places are the same or different. Encourage your child to tell someone about the visit when you get home.
- ★ **Make a book.** Use a small photo album and put pictures of your child in it. Underneath the pictures or on the opposite page, write about what is happening. Example: “We visited the zoo. It was amazing!” Your child will love reading a book that retells a fun or favorite experience.

Book Corner: Magazines can be a great addition to your book basket. They expose children to a different format for finding information and learning new things.

Check out these websites and apps for FREE info!



WIC Website for Feeding Information
www.michigan.gov



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



Free Baby Care App:
(Google Play)



WebMD Baby App:
<http://www.webmd.com/webmdbabyapp>



POISON CONTROL
Available 24 hours a day
7 days a week

1-800-222-1222



 Find us on Facebook!



N-198; 5/15


**HEALTH
DEPARTMENT**
of Northwest Michigan
nwhealth.org
(800) 432-4121

Follow us on Twitter!



205 Grove St.
Mancelona, MI 49659

209 Portage Dr.
Bellaire, MI 49615

220 W. Garfield
Charlevoix, MI 49720

3434 M-199, Suite A
Harbor Springs, MI 49740

95 Livingston Blvd.
Gaylord, MI 49735

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.asc.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:
(1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) Fax: (202) 690-7442; or
(3) Email: program_intake@usda.gov.
This institution is an equal opportunity provider.